



Put Your Best Foot Forward... Walking Groups



01452 396861 healthwalks@gloucester.gov.uk www.besfoofforwardglos.co.uk

October 2009

All walks are free to participate in and all last about an hour. We have different levels of walks to cater for all abilities - for further information on the scheme please contact:

Level 1: Flat and smooth purposely laid paths (suitable for buggies / wheelchairs)

Level 2: Slightly rough paths. **Level 3:** Some unlevel, sloping rough paths

Tuesdays at 10am - Abbeydale (Level 1). Meet at Abbeydale Community Centre.
Contact Neil Christopher - 01452 619815

Wednesdays at 2pm - Hempsted (Level 1/2). Meet at Hempsted Cross
(where Rea Lane meets St Swithuns Road). Contact Don Stockwell - 01452 524654

Thursdays at 10am - Barnwood (Level 1). Meet outside Barnwood Church.
Contact Neil Christopher - 01452 619815

Thursdays at 12.30pm - Alney Island (Level 2). Meet outside the Old Antique Centre
(by the lock bridge). Contact Chlöe Joslin - 01452 396861

Fridays at 2.30pm - Robinswood Hill (Level 3). Meet in the car park off Reservoir Road.
Contact Edward Lawson-Kimberley - 01452 542990

Saturdays at 10.30am - Kingsholm (Level 1). Meet at Hillfield Gardens (London Road).
Contact Vanessa Anderson - 07877 071355 or Chlöe Joslin - 01452 396861

Sundays at 10am - Barnwood (Level 1). Meet outside Sainsbury's (Barnwood).
This walk is very children-friendly and food will be provided to feed the ducks in Barnwood Park! Contact Peter Barnes - 01452 372061

3rd - 11th October - We are supporting Get Moving week, bringing people together in fun social activities while promoting mental and physical wellbeing.



"I in 4 people, like me, have a mental health problem.

Many more people have a problem with that."

Read Stephen's story

time to change

let's end mental health discrimination



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