



County Durham  
and Darlington **NHS**  
NHS Foundation Trust

Get Active Presents you with...

# A Programme of Walks & Nordic Walks 2014

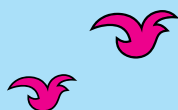


A programme of weekly health walks, weekly Nordic walks,  
away trips & training opportunities

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# Get Active Get Walking

## Why walk more?

- It's sociable, free and on your doorstep
- Walking is the easiest and most accessible form of physical activity
- Walking is good for bones and muscles
- Helps beat stress; walking can make you feel good and more relaxed
- Helps to manage your weight
- It can cut your risk of heart disease by up to 50%, reduce your risk of Type 2 Diabetes and the risk of some cancers

## Walking for Health

- Walking can help improve mood, self-esteem and cognitive function
- Walking is the easiest and most accessible form of physical activity
- Brisk walking has clear positive effects on cardio vascular disease
- Walking at around four mph on average is sufficient to classify it as 'moderate intensity activity' beneficial to heart health
- Walking at a slower pace also has health benefits notably in expending energy to help control body weight
- Walking is a weight bearing activity, which helps to increase bone mineral density and reduce the risk of osteoporosis



## How much walking do I need to do?

Current guidelines recommend you to build up to a total of 150 minutes of moderate activity each week, such as brisk walking. At first, start walking gently and gradually build up so that you are breathing a little faster, but still able to hold a conversation!

## Getting started

A good pair of comfortable, supportive shoes is all you need! However, please dress appropriately for the weather and bring along a bottle of water, or sun hat and cream if it is hot.

## What do we offer?

Weekly health walks in East Durham • Walking Away Days • Volunteer Walk Leader Training

# 2013 - A Year of Health Walks



# Weekly Health Walks Timetable

Get Active have a series of free Health Walks, for all ages and abilities, taking place on a weekly basis at the following venues:

## Wheatley Hill Health Walk

**Mondays: 10am - 11am**

Greenhills Community Centre,  
Stephens Terrace, Wheatley Hill,  
DH6 3JS

## Seaham Health Walk

**Mondays: 1.30pm - 2.30pm**

Nose Point (Car Park 1), Seaham

## Peterlee Health Walk

**Tuesdays: 10am - 11am**

The Pavillion, Helford Road,  
Peterlee, SR8 1ER

\*longer walk also available

## Castle Eden Dene Health Walk

**Thursdays: 10.30am - 12.30pm**

Oakerside Dene Lodge, Stanhope  
Chase, Peterlee, SR8 1NJ

\*long and short walks are available

## Castle Eden Dene Weekend Walk

**Sundays: 10am - 11.30am**

Oakerside Dene Lodge, Stanhope  
Chase, Peterlee, SR8 1NJ

\*long and short walks are available

## Easington Colliery Health Walk

**Mondays: 10.30am - 11.30am**

Former Pit Car Park, Abbot Street,  
Off Seaside Lane, Easington Colliery

\*longer walk also available

## Blackhall Health Walk

**Fridays: 10.30am - 11.30am**

Blackhall Community Centre,  
Hesleden Road, Blackhall Colliery,  
Hartlepool, TS27 4LG

\*longer walk also available

We advise you contact us to check  
all walks are still running.



# Walking Away Days

Over the Spring/Summer months, Get Active run a Walking Away Day Programme; providing walking opportunities across County Durham

- Transport is provided from East Durham to the Walking Away Day location
- Transport cost is £4 per person
- Consists of a health walk lasting approximately 1-1.5 hours
- Beginner & intermediate level walks are available
- Led by qualified Walk Leaders
- Followed by the opportunity to have something to eat & socialise



## 2014 Walking Away Day Timetable:

Monday 7th April – Saltwell Park, Gateshead

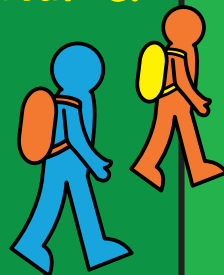
Monday 12th May – Jesmond Dene, Newcastle





Monday 2nd June – Sunderland Glass Centre

Monday 7th July – Preston Park, Stockton

Monday 4th August – Gibside, Burnopfield

Monday 1st Sept – Hartlepool Marina to Seaton Carew



-  Spaces are allocated on a first come first served basis therefore booking is required. Block booking onto more than one trip is also available.
-  When your place is booked, confirmation of the pick-up times and venue information will be sent prior to each walk.
-  If you recommend a friend who hasn't previously attended a Walking Away Day, you both receive your bus fare for half the price (£2).
-  **PRIZE** - If you attend ALL Walking Away Day's your name will be entered into a prize draw to win a gift voucher.

# Get Active Nordic Walking

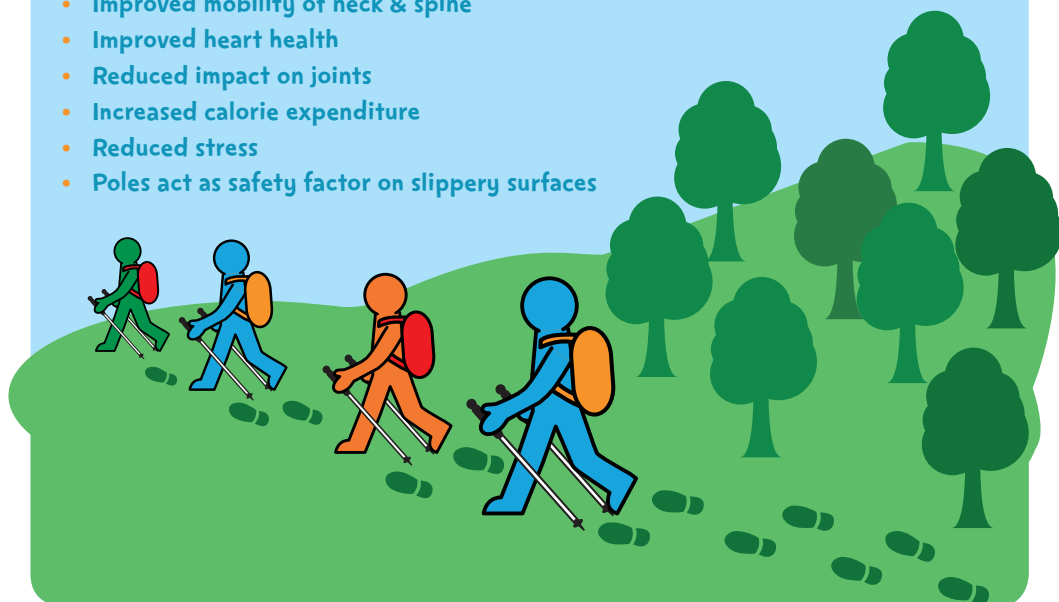
## What is Nordic Walking?

- Makes use of specially designed poles to enhance the natural walking experience
- Nordic walking becomes a genuinely whole body exercise that can be enjoyed at many levels
- Nordic Walking can be done in any outdoor space – from the countryside and beaches to urban parks and pavements. By varying the terrain, gradient, distance and speed of walks, it is suitable exercise for everyone regardless of age and fitness level
- The upper and lower body work together in Nordic Walking. This burns up to twice as many calories as walking without poles, without a perceived increase in effort
- Nordic Walking is simple to learn, affordable and fun. It is a great way to meet new people, stay motivated and achieve amazing results

## The Benefits

Nordic Walking is based on the natural movement patterns of walking and is therefore an accessible form of exercise... if you can walk, you can Nordic Walk!

- Improved heart rate
- Increased energy consumption
- Released muscle tension
- Improved mobility of neck & spine
- Improved heart health
- Reduced impact on joints
- Increased calorie expenditure
- Reduced stress
- Poles act as safety factor on slippery surfaces
- Weight loss
- Muscle toning
- Improved fitness





# 2013 - A Year of Nordic Walking





# Weekly Nordic Walking Timetable

Get Active have a series of Nordic Walks for all ages & abilities, taking place on a weekly basis at the following venues across County Durham:

## Durham Nordic Walk

**Tuesdays: 10am - 11.30am**

@ Houghall College, Durham,  
DH1 3SG  
(meet in car park at back of college)  
**£2 per person**

## Peterlee Nordic Walk

**Tuesdays: 1.30pm - 2.30pm**  
(1pm for beginners)

@ The Pavilion, Peterlee, SR8 1ER  
**£1 per person**

## Newton Aycliffe Nordic Walk

**Wednesdays: 9.45am - 10.45am**

@ The Pioneering Care Centre,  
Newton Aycliffe, DL5 4SF  
**£2 per person**

## Chester-le-Street Nordic Walk

**Thursdays: 1.30pm - 2.30pm**

@ Riverside Sports Pavilion,  
Chester-le-Street, DH3 3SJ  
**£2 per person**

## Bishop Auckland Nordic Walk

**Wednesdays: 1.00pm - 2.00pm**

@ Auckland Castle, Bishop Auckland,  
DL14 7NR  
**£2 per person**

\*Parking is NOT available in the Castle grounds. Parking is available at North Bondgate car park (DL14 7PG) at the rate of £0.60 per 2 hour stay.

We advise you contact us to check all walks are still running.

Poles are provided for all walks

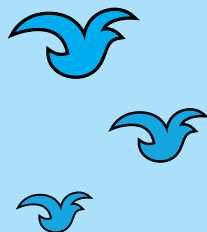


# Nordic Walking Away Days

In addition to the weekly Nordic Walks Get Active also run bimonthly Nordic Walking Away Days across County Durham

## How does it work?

- Meet at the venue for a 10:30am start
- Costs £2 per person
- Consists of a Nordic walk lasting between 1-2 hours
- Beginner & intermediate walks are available
- Led by qualified Nordic Walking Instructors
- Followed by the opportunity to have something to eat & socialise
- Booking is required - block booking is also available.



## 2014 Nordic Walking Away Day Timetable:

Friday 28th February – Gibside, Burnopfield

Friday 25th April – Wynyard Woodland Park

Friday 13th June – Hamsterley Forest

Friday 15th August – Castle Eden Dene

Friday 10th October – Seaton Carew

Poles are  
provided  
for all  
walks





**I feel valued  
and appreciated  
for leading  
walks**

**Volunteering for  
Get Active is fun  
and Enjoyable!**

## **Want to volunteer?**

We recognise and appreciate the value of volunteers and the role they play in local communities. As well as being very rewarding, volunteering can have great benefits for you.

- Meeting new people and having fun.
- Learning new skills and improving your career prospects.
- Escaping from your every day routine.

### **Volunteer Walk Leader Training**

Training for volunteer walk leaders is a one-day course for anyone willing and able to lead walks in the community. It is a day of practical advice and is run locally in areas where there is a potential or existing “walking for health” scheme. It includes practice in leading a walk and information on keeping people motivated.

### **How much does the training cost?**

Free!! The training course is free of charge; however, trainees are expected to deliver walks following completion of the course.

### **Training dates:**

Date	Time	Venue
Monday 28th April Monday 21st July Monday 27th October	9.30am to 3.30pm	Healthworks Paradise Lane, Easington Colliery, SR8 3EX

## Walker of the Year 2013

# JOE LAMBTON

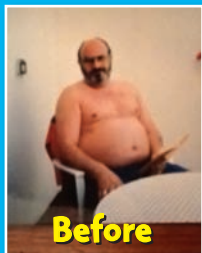
- Joe attends 7 walks per week!
- He attended approximately 364 Get Active walks last year!
- He travels 50 miles round trip from Blaydon for each walk!

**The walking programme has changed my life, it gives me something to do every day!**



## Nordic Walking Success Story

# COLIN LOCKEY



- "My stature is much better, I'm now posture aware"
- "I've lost 5 stone and feel like a new man"
- "I've met some lovely people and have never looked back since joining"

## Want a walk in your area?

For more information on the walking or nordic walking programmes please contact:

Tel: 0191 569 2847

Email: [cdda-tr.getactive@nhs.net](mailto:cdda-tr.getactive@nhs.net)

Impact Website: [www.impact.cdd.nhs.uk](http://www.impact.cdd.nhs.uk)

Like us on Facebook: [www.facebook.com/getactivecddft](http://www.facebook.com/getactivecddft)



For more information on walks in Derwentside, Durham, Sedgefield and Durham Dales please visit: [www.durham.gov.uk/walk4life](http://www.durham.gov.uk/walk4life)