

September Away Day

Friday 17th September 2010

Richmond

A chance to do this popular walk in the summer rather than the depths of winter. Coach leaves Ragworth Neighbourhood Centre at 10am.

Booking is essential.
To book please ring 01642 526274

NEWS NEWS NEWS

Evening Walks

This months Wednesday Evening Walks will start from the car park of Bluebell Inn, Yarm. The start time is 6pm.

We Need You!

We are always looking for more Volunteer Walk Leaders to lead walks and assist leaders when necessary.

All that you need to do is to attend a simple one day training course.

The next training day is on Wednesday 29th September, 9am to 4pm at Ragworth Neighbourhood Centre.

To book please ring 01642 526274

For more information:

Telephone Steve Laskey: 01642 526692

Email: stepping.out@stockton.gov.uk

Visit: www.stockton.gov.uk/sportsdevelopment



HEALTH WALKS PROGRAMME

September 2010

Health walks start slowly and gradually increase in pace, so you will feel slightly warmer, breathe a little faster and your heart will beat a little faster. All walks are led by qualified walk leaders in local neighbourhoods and are very welcoming to new members. All you require are comfortable shoes and suitable clothing for the weather.

All walks are free of charge and very friendly.

STEPPING OUT in stockton

The cartoon character logo for 'Stepping Out in Stockton' is a stylized blue figure of a person's legs and feet, wearing a blue hat and shoes, holding a blue walking stick. It is positioned to the right of the main text.

HEALTH WALKS

Walks in local communities

Come along and join one of our weekly walking groups. Approximately 1 hour circular walks. All walks are suitable for wheelchair users and those with buggies, unless otherwise stated.

WEEKLY WALKS

Billingham

Mondays 11am – 6th, 13th and 27th September 2010 ●● =

Monday 20th – 10am Car share to Saltholme Nature reserve. ●● ≈

Meeting point: Lower Entrance to Boyes, West Precinct, Billingham.

Eaglescliffe

Mondays 1pm – 6th, 13th, 20th and 27th September 2010

Meeting point: Outside Eaglescliffe Medical Centre. ●● ≈

Ingleby Barwick

Tuesdays 10am – 7th, 14th, 21st and 28th September 2010

Meeting Point: Ingleby Barwick Community Centre. ●● =

Thornaby

Tuesdays 11.15am – 7th, 14th, 21st and 28th September 2010

Meeting Point: Thornaby Medical Centre. ●● =

Stockton Town Centre Lunchtime Special

Tuesdays 12.15 - 1pm – 7th, 14th, 21st and 28th September 2010

Follows a circular route through Teesdale and the Barrage.

Meeting Point: In front of Splash. ●● =

Norton

Wednesdays 1.30pm – 1st, 8th, 15th, 22nd and 29th September 2010

Meeting point: Outside Norton Medical Centre. ●● ≈

Yarm

Wednesdays 6pm – 1st, 8th, 15th, 22nd and 29th September 2010

Meeting point: Bluebell Inn, Yarm, please do not use pub car park.

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Newtown Resource Centre, Durham Road

Thursdays 10am – 2nd, 9th, 16th, 23rd and 30th September 2010

Meeting point: Reception area. ●● =

Ragworth Neighbourhood Centre, St John's Way

Fridays 10am – 3rd, 10th and 24th September 2010

We offer two walks each week, one slower and shorter than the other.

Meeting point: Reception area. ●● = and ●● =

FORTNIGHTLY WALKS

Out and about with Roger

Monday 10am – 13th September 2010, Hurworth Burn reservoir.

Meeting Point: Dropswell Farm, 1 mile west of reservoir.

Monday 10am – 27th September 2010, Coulby Newham and Acklam.

Meeting Point: Bluebell Hotel, Acklam.

Unsuitable for buggies and wheelchairs. ●●● ≈ 1½ to 2 hours,
For more information contact Roger on 01642 785382.

Elmtree

Monday 1pm – 6th and 20th September 2010

Meeting Point: Elmtree Community Centre, Elmtree Avenue. ●● =

Norton

Tuesday 1pm – 14th and 28th September 2010. ●●● ≈

Unfortunately these walks are not suitable for wheelchairs or buggies.

Meeting point: Outside Norton Library, Norton High Street.

Stillington Friday 10am – 3rd and 17th September 2010. ●● ≈

Meeting Point: Stillington Community Centre. 1 to 1½ hours. Unfortunately these walks are not suitable for wheelchairs or buggies.

