

## North East Derbyshire and Bolsover Area Walking for Health Groups.

### Five Pits Walking for Health

Contact Sure Start, North Wingfield  
01246 852228

**Carr Vale** Walking for Health Group meet on Sundays with various starting venues. Call 01246 826312 for more details.

### Shirebrook

Call for more details  
01623 744225, 01623 743166

### Creswell

Call for more details  
01909 721881, 01909 724277

## Safety points

- If you feel discomfort or pain when being more active then you should get advice from your doctor.
- Increase your level of activity gradually. Start off very slowly.
- Do not exercise if you feel pain or dizziness, or if you feel sick, unwell or very tired.
- Consult your GP about your activity if you have any condition for which you are taking prescribed medication.

- Try to avoid walking alone at night and keep to well lit areas.



The current recommendation for physical activity is just **30 minutes a day** of moderate activity, such as brisk walking. That's all it takes to feel the difference.

You should aim at 30 minutes a day but you don't have to do them all in one go to start with.

You could walk for ten minutes, three times a day or 15 minutes twice a day at first. The most important thing is that you start 'where you're at' and **build up gradually**,

'Brisk' walking means walking so that you breathe a little faster, feel warmer and

have a slightly faster heart beat. You should still be able to talk. If you can't carry on a conversation, then you're going too fast!

SUMMER 2010

# Walking For Health Groups in Chesterfield





Members of Walking for Health Network Committee at the Party in the Park event. 2009

### Brampton Walking for Health Group

Friday 9.30 am  
From St Thomas Church, Brampton  
01246 566965, 01246 566292

### Brimington & Tapton Group

Every Thursday from 10 am  
From Manor Rest Centre, Manor Road  
01246 203742, 01246 274778, 01246 232757

### Hasland

2nd Monday 10 am and 4th Thursday 1.15 pm  
From Eyre St Baptist Church Hall, Hasland  
45 mins to 1¼ followed by a cuppa and a chat  
01246 239897  
Longer walks available during Summer  
01246 556403

### Mastin Moor

Wednesday 10.30 a.m. Meet Mastin Moor Miners Welfare. 1 – 2 hour walk followed by refreshments. 01246 476387

### Newbold & Brockwell

Meet Church of the Ascension at Loundsley Green for both short and longer walks. Short walk (1 –2 hours) every other Friday at 9.30 a.m. Also first Saturday of each month there is a longer walk, meet 10 a.m. 01246 567184.

### Rother

Saturday, 12.15 pm  
Refer to programme for starting point  
People with a reasonable level of fitness who can walk at a steady pace  
01246 239809

### Staveley

Every Tuesday 1.30/2.00 pm  
From Staveley Hall car park  
People with a reasonable level of fitness who can walk at a steady pace  
01246 231109

### St Helen's

Wednesday 10 am  
Variable starting points but based at Christ Church, Parish Centre  
Suitable for all with reasonable fitness  
01246 237526, 01246 556203

### St Helen's short walks

Every Sunday 10 am  
From Tapton Lock Visitor Centre  
Short walks up to 1 hour plus travel time when appropriate  
01246 550594

### Take Heart

Sunday 9.30 am  
Various starting venues  
Heart related problems  
Short and longer walks available  
Terry Silvers  
01246 470718