

## WOMEN OUT WALKING (WOW) GROUP

The Women Out Walking (WOW) group are a voluntary **'LADIES ONLY'** group that get together to walk in and around our local area of Cleveland, North Yorks & Middlesbrough. They welcome new participants at any of their planned walks - their intent is to make walking fun, safe and available to ladies of all ages and abilities! No dogs are allowed and walks are at your own risk!

WALKS RANGE FROM EASY TO STRENUOUS AND MAY INCLUDE HILL CLIMBS! SOME PATHS MAY BE MUDDY - PLEASE COME PREPARED BY WEARING APPROPRIATE CLOTHING AND FOOTWEAR!

For further details of walks and venues ring **01642 750344**  
or email: [topher987@sky.com](mailto:topher987@sky.com)



# Healthy STEPPING

A Newsletter  
and Programme  
of Health Walks in  
Middlesbrough and  
Redcar & Cleveland

July - September 2011

## South Tees Hospitals NHS Foundation Trust (STHFT) Health Improvement Service also provide...

### COMMUNITY WEIGHT MANAGEMENT GROUP

Community Weight Management offers you the opportunity to manage your weight, improve your health and enhance your quality of life by providing programmes that are right for you.

**SHAPE UP** - friendly group support

**ONE2ONE** - personalised planning

**L.E.A.N.** - a drop-in service

Give us a 'buzz' for information on 01642 777845 and make that Change 4 Life.

### STOP SMOKING SERVICE

Smoking is the single biggest cause of preventable death and disease in the UK. People can and do give up - more than 12 million people in the UK are ex-smokers. There are many ways that we can help you to give up smoking so if you are thinking of quitting contact Middlesbrough and Redcar & Cleveland Stop Smoking Service on 0800 9524433 for more information.

### SMOKE FREE FAMILIES

**'Smokefree Families'** promotes better health for local families. It aims to protect your children and family from the harmful effects of secondhand smoke. For more information ring STHFT Health Improvement Service on 01642 777845 or Middlesbrough Council's Community Protection Service on 01642 728665.

### MEND

**MEND** is a 'free fun programme' for kids to become fitter, healthier and happier. If you have children 7 - 13 years old and you are worried they might be unhealthy or even overweight please call STHFT Health Improvement Service on 01642 777845.

## Hello everyone!

Wow, what a wonderful Spring it's been for our health walks! Unfortunately, the unexpected warm, dry weather in April played havoc with Mother Nature! This meant the bluebells were past their best when we walked in Great Ayton and Errington Woods, although they still gave us a pretty good show.

When planning many of our walks well in advance (such as our car-sharing 'away days' for instance) I can check such things as tide times, accessibility, etc, but I am always crossing my fingers and relying on the weather to be kind!

It's great to see so many new people coming along to join Healthy Stepping. Don't forget, it's not just the physical exercise that people benefit from on the walks - just as important is the mental and social well-being of each participant. I've never met a happier bunch of people than on our many health walks - long may they continue!

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## Brisk Walking Fights Prostate Cancer

Walking for at least 3 hours a week could be a lifesaver for men with prostate cancer, but the benefits are gained only by men who walk briskly, rather than at an easy pace, research scientists say. They studied 1,455 men who were diagnosed with prostate cancer that had not yet started to spread. Patients' physical activity levels were assessed just over two years after their diagnosis and initial treatment. Subsequently the US researchers recorded 117 events, including disease recurrence, bone tumours, and deaths caused by prostate cancer. They found men who walked briskly for at least three hours a week had a 57 per cent lower rate of disease progression than men who walked slowly for less time.

Lead scientist Erin Richman, from the University of California, San Francisco, said: 'It appears that men who walk briskly after their diagnosis may delay or even prevent progression of the disease. The benefit from walking truly depended on how quickly you walked. Walking at an easy pace did not seem to have any benefit. Walking is something everyone can and should do to improve their health.'

The findings, reported in the journal Cancer Research, add to growing evidence that regular walking may combat a number of health problems, including heart disease and some cancers. When studying the effects of walking, the researchers took account of whether patients were overweight and excluded those who engaged in vigorous activity such as running, cycling and lap swimming.

For more information about health walks in your area contact: Don Burluraux on  
**01642 777845** or **07929 213417** or email [don.burluraux@nhs.net](mailto:don.burluraux@nhs.net)



West Middlesbrough Neighbourhood Trust



make a difference  
rsvp



South Tees Hospitals NHS  
NHS Foundation Trust



## Health Walks Groups in the Middlesbrough Area

HEMLINGTON (MONDAYS)	HEMLINGTON (WEDNESDAYS)
<p>Meet 10.30am every Monday at Hemlington Recreation Centre Cass House Road, Hemlington</p> <p>Local walks include Hemlington Lake, Brookfield, Coulby Newham, Stainton &amp; Thornton</p> <p>Refreshments available afterwards</p> <p>Walks last approx 1 hour</p>	<p>Meet 10.30am every Wednesday at Hemlington Recreation Centre Cass House Road, Hemlington</p> <p>Local walks include Hemlington Lake, Brookfield, Coulby Newham, Stainton &amp; Thornton</p> <p>Refreshments available afterwards</p> <p>Walks last approx 1 hour</p>
NORTH ORMESBY	RAINBOW LEISURE CENTRE COULBY NEWHAM
<p>Meet 10.00am every Tuesday near traffic lights opposite Market Place</p> <p>Local walks include Transporter Bridge, Riverside Stadium, Albert Park, Pallister Park &amp; Town Centre</p> <p>Walks last approx 1 hour</p>	<p>Meet 10.30am every Tuesday at entrance to Rainbow Leisure Centre, Parkway Centre, Coulby Newham</p> <p>Local walks around Lingfield and Coulby Newham</p> <p>Refreshments available afterwards</p> <p>Walks last approx 1 hour</p>
BROOKFIELD & KADER STROLLING & WALKING GROUP	MIDDLESBROUGH U3A GROUP
<p>Meet between 9.30am - 9.45am at St Clare's Church, Low Lane, Middlesbrough for registration</p> <p>2 to 3 miles local strolls every other Wednesday 4 to 6 miles countryside walks (car share) alternate Tuesdays or Wednesdays</p> <p><b>For more details ring Mike McCann: Tel: 01642 592682</b></p>	<p>Register at 9.30am at Natures World 2nd &amp; 4th Thursday each month</p> <p>2 to 4 miles local strolls/walks and 4 to 5 miles countryside walks (car share)</p> <p><b>For more details ring: Mike McCann 01642 592682 Fred &amp; Marilyn Wood 01642 821090</b></p>

For more information ring Don Burluraux on 01642 777845 or 07929 213417

## Health Walks Groups in the Middlesbrough Area

LANGDON SQUARE COULBY NEWHAM	WEST MIDDLESBROUGH WALKERS & STROLLERS GROUP
<p>Meet 10.30am every Thursday at Langdon Square Community Centre Coulby Newham</p> <p>Local walks including Fairy Dell Coulby Newham &amp; Hemlington Lake</p> <p>Refreshments available afterwards</p> <p>Walks last approx 1 hour</p>	<p>Meet most Monday afternoons 1.15pm at Melbourne House, Newport Road, Middlesbrough</p> <p>Local walks, minibus or public transport to walks in Cleveland &amp; North Yorkshire (Refreshments most walks afterwards)</p> <p><b>For further details ring 01642 862574 or 01642 878435</b></p>
LUNCH-TIME WALKS BOTTLE OF NOTES	DAVID LLOYD CENTRE WALKING GROUP
<p>Meet at 12.15 every Wednesday at seats near the Bottle of Notes (opposite the Mima Gallery)</p> <p>2-mile (45-minutes) brisk walks to Middlehaven, Transporter Bridge, North Ormesby, Longlands etc</p> <p>Last Wednesday in each month 3-mile / 1 hour walk to Albert Park</p> <p>Office staff and other town workers are all welcome</p>	<p>Meet on 2nd Wednesday each month at a variety of countryside walk venues both north and south of the River Tees</p> <p>Evening walks on 3rd Tuesday of each month in the summer only</p> <p>Walks vary from 4 - 8 miles - wear sensible clothing and footwear</p> <p><b>For details of walks and venues ring Fred &amp; Marilyn Wood 01642 821090</b></p>
LIFE STORE WALKS CLEVELAND SHOPPING MALL	MEN'S HEALTH DROP IN SESSIONS RIVERSIDE STADIUM, M'BRO
<p>Meet 12.30 every Tuesday at the Life Store, Cleveland Mall (opposite Bon Marche)</p> <p>45 - 60 minute walks to Middlehaven, Transporter Bridge, North Ormesby, Longlands, Gresham and Albert Park</p> <p>If you work or are in town shopping why not come along and join in</p>	<p>1st Thursday of each month 5.00pm - 8.30pm in Directors Lounge</p> <p>Our FREE Activities include: Stadium Health Walks Healthy Heart Checks (please book) Weight Management Groups 'Boxer-cise' in Home Dressing Room Interactive exercises on the Wii</p> <p><b>All men welcome - ring 01642 777845 for details</b></p>

For more information ring Don Burluraux on 01642 777845 or 07929 213417



## IF YOU WOULD LIKE TO PROGRESS AND WALK A BIT FURTHER, HERE ARE A FEW NICE WALKS WITH THE BROOKFIELD & KADER GROUP

Brookfield & Kader Strolling & Walking Group was formed to encourage more people to enjoy the benefits of walking and at the same time explore the local greenbelt and countryside all walks are led by trained community volunteer walk leaders.

Register for all walks at St Clare's Church, Low Lane, Brookfield at 9.30am for 9.45 start! Bring a drink and a snack, walking boots/shoes and a rainproof coat. Cost per walk / stroll 50 pence.

**LOCAL STROLLS LASTING APPROXIMATELY 1 - 1 1/2 HRS ARE HELD ON ALTERNATE WEDNESDAYS IN BETWEEN THE WALKS BELOW.**

### **Tuesday 5th July 2011 - A WALK AROUND BOWESFIELD NATURE RESERVE**

After registration drive (car share) to Preston Park. A walk around the Nature Reserve and alongside the banks of the River Tees. **May be muddy in places but is relatively flat with no stiles - about 5 miles.**

### **Wednesday 20th July 2011 - A WALK FROM ROXBY (NEAR STAITHES)**

After registration drive (car share) to Roxby for a scenic walk through fields and woodland. **Some gradients and possibly muddy paths - over 6 miles.**

### **Tuesday 2nd August 2011 - A WALK AROUND STANWICK BRIGANTIAN FORT (1st Century AD)**

After registration drive (car share) to Forcett (west of A1 at Barton) for an interesting walk around the ramparts and earthworks of this historical site. Refreshments afterwards at the Stanwick Arms, renowned for its steak pie and real ales! **About 6 miles on flat but possibly muddy paths. Travel maps available for drivers on the day (45 minute drive).**

### **Wednesday 10th August 2011 - A STROLL AROUND SCALING DAM**

After registration drive (car share) to Scaling Dam for a stroll around the lake. A longer drive than normal for a stroll that gives the opportunity to enjoy the heather at its best. The stroll is relatively flat but does include a few stiles. NB - the location will be changed if the weather forecast is poor. **About 3 miles.**

### **Wednesday 17th August 2011 - A WALK FROM NEASHAM**

After registration drive (car share) to Neasham for a great walk through Hurworth via good paths. Refreshments afterwards at the Fox & Hounds pub. **Over 6 miles - a few stiles and could be some mud.**

### **Tuesday 30th August 2011 - A CIRCULAR WALK FROM HELMSLEY TO RIEVAUX ABBEY**

After registration drive (car-share) to Helmsley (car parking fee required) for a scenic walk in the Rye Valley to picturesque Rievaulx for refreshments in the Abbey tea rooms or enjoy your picnic beside the river before returning. **Good paths with some gentle climbs - please note this walk is over 7 miles**

### **Wednesday 14th September 2011 - A WALK BY THE RIVER TEES AT YARM**

After registration drive (car share) to Egglescliffe village for a charming riverside walk with some stunning views. Refreshments afterwards at the Pot & Glass. **About 5 1/2 miles on good paths and tracks.**

### **Tuesday 27th September - A WALK AT OSMOTHERLEY**

After registration drive (car share) to Osmotherley for a wonderful walk with panoramic views of the Cleveland Hills. Refreshments afterwards in the village. **Over 5 miles, some climbing and could be muddy.**

**For more details of above walks and local strolls contact: MIKE McCANN on 01642 592682**



Car-sharing 'Away Day' Walks for Healthy Stepping participants in Middlesbrough and Redcar & Cleveland  
(All walks start at 10.30am)

DATE	WALK	STARTING POINT & DIRECTIONS
<b>THURSDAY 7TH JULY</b>	<b>BOWESFIELD NATURE RESERVE</b> (1¼ hours - flat - possibly muddy in parts)	Nature Reserve car park (free) - turn left off A66 signposted A135 Ingleby Barwick. At 2nd roundabout turn left onto Kingfisher Way between Toyota & Audi garages - car park at end of road past mini roundabout
<b>WEDNESDAY 13TH JULY</b>	<b>SEATON CAREW - HARTLEPOOL</b> Promenade walk to Hartlepool Marina tea/coffee at Marina before return (Flat 5 miles - 2½ hours)	Meet at Seaton Carew bus station. Free parking nearby, No 1 bus to Seaton Carew from Middlesbrough Bus Station every 30 mins
<b>MONDAY 18TH JULY</b>	<b>ERRINGTON WOODS - UPLEATHAM VILLAGE</b> 2 hrs - some moderate gradients. Lovely views!	Turn up Grewgrass Lane opposite Redcar Lane for New Marske - after 1½ miles turn left near woods up steep bank to car park
<b>TUESDAY 26TH JULY</b>	<b>SCALING DAM</b> 2 hrs - mainly flat - some paths may be muddy after wet weather	Meet at car park at Whitby end of Scaling Dam on A171 Guisborough to Whitby road
<b>WEDNESDAY 3RD AUG</b>	<b>STEWART PARK - ORMESBY HALL</b> 2½ hours including two short introductions to Ormesby Hall and the Captain Cook Museum	Stewart Park car park - free parking
<b>MONDAY 8TH AUG</b>	<b>GUISBOROUGH HERITAGE TOWN TRAIL</b> 2 hrs - incl guided tour of the 18 Blue Plaques Heritage Trail around historic Guisborough	Huntsman car park, Enfield Chase, Guisborough
<b>THURSDAY 18TH AUG</b>	<b>TEES BARRAGE - STOCKTON</b> incl crossing Infinity & Millennium Bridges 1¼ hours - flat	Talpore Pub & Premier Inn car park, Tees Barrage - turn left off A66 for Teesside Retail Park then right at lights and back across A66 to Tees Barrage
<b>TUESDAY 23RD AUG</b>	<b>SWAINBY - WHORLTON CASTLE</b> 1½ hrs - some moderate gradients & a few stiles - field paths may be muddy in wet weather	Meet in Swainby village near Black Horse pub - free roadside parking either side of beck
<b>THURSDAY 8TH SEPT</b>	<b>PINCHINTHORPE - GUISBOROUGH FOREST</b> 2 hrs - some moderate gradients - may be muddy in places if wet	Meet at Pinchinthorpe Visitors Centre, near Guisborough - £1.00 parking fee
<b>TUESDAY 13TH SEPT</b>	<b>KIRKLEATHAM HALL &amp; WOODS</b> 1¼ hrs - flat	Kirkleatham Museum car park Nice café afterwards
<b>MONDAY 19TH SEPT</b>	<b>LOCKE PARK - COATHAM MARSH &amp; BEACH</b> (2 hrs - flat)	Mungle Jungle car park, Majuba Road, Redcar (near old boating lake) - free
<b>WEDNESDAY 28TH SEPT</b>	<b>WHITBY</b> Choice of a 1 hour or 2½ hour walk 2½ hour walk includes moderate gradients and field paths which may be muddy if wet & beach return from Sandsend	Meet near the 'Whalebones' on West Cliff, Whitby

# Health Walks Groups in the Redcar & Cleveland Area

L1 = Level 1 walk (20-30 minutes) L2 = Level 2 walk (1-1½ hours)

L2\* = Saltburn (Weds) has two groups - easy stroll or longer brisker walk - both 1 hour

## GUISBOROUGH

Day	Jul	Aug	Sept	Time	Level	Starting Point
Tuesday	5	2		10.30	L2	Huntsman Pub car park
Tuesday	12	9	6	10.30	L2	Pinchinthorpe Visitor Centre
Tuesday	19	16	13	10.30	L2	GP Surgeries, Rectory Lane
Tuesday	26	23	20	10.30	L2	Pinchinthorpe Visitor Centre
Tuesday		30	27	10.30	L2	Huntsman Pub car park

## REDCAR

Day	Jul	Aug	Sept	Time	Level	Starting Point
Tuesday	5	2		10.30	L2	Locke Park corner car park
Tuesday		9	6	10.30	L2	Foxrush Farm
Tuesday	12		13	10.30	L2	Redcar Racecourse car park *
Tuesday	19	16	20	10.30	L2	Stray Cafe
Tuesday		23	27	10.30	L2	Mungle Jungle car park
Tuesday	26	30		10.30	L2	Kirkleatham Museum car park

## REDCAR

Day	Jul	Aug	Sept	Time	Level	Starting Point
Thursday	7	4	1	10.30	L2	Stray Cafe
Thursday	14		8	10.30	L2	Mungle Jungle car park
Thursday		11	15	10.30	L2	Kirkleatham Museum car park
Thursday	21	18	22	10.30	L2	Locke Park corner car park
Thursday	28		29	10.30	L2	Foxrush Farm
Thursday		25		10.30	L2	Redcar Racecourse car park *

\* Redcar Racecourse walks will be on some of the grass race track and part of the service road which goes around the inside of the race track. Please use car boot sale car park in centre of racecourse, accessible from West Dyke Road.

## SALTBURN

Day	Jul	Aug	Sep	Time	Level	Starting Point
Wednesday	Every Wednesday			10.30	L2*	Railway Station arches near Sainsbury's shop entrance

## KIRKLEATHAM, MARSKE & NEW MARSKE / ERRINGTON WOODS

Day	Jul	Aug	Sep	Time	Level	Starting Point
Sunday	1st Sunday each month			10.30	L2	Kirkleatham Museum car park
Sunday	3rd Sunday each month			10.30	L2	Marske Square
Tuesday	Every Tuesday			14.00	L1	Marske Clinic, Hall Close
Wednesday	Every Wednesday (April - September)			16.00	L2	Kilbridge Close car park (near the 'top shops')

## SKELTON

Day	Jul	Aug	Sep	Time	Level	Starting Point
Thursday	Every Thursday			12.30	L1	Hillside Surgery, Skelton
Thursday	Every Thursday			13.00	L2	Hillside Surgery, Skelton

## NORMANBY

Day	Jul	Aug	Sep	Time	Level	Starting Point
Thursday	Every Thursday			11.00	L2	Manor House Surgery

For further details of this walk contact Stephen Mussett on 01642 496430

## EAST CLEVELAND

(incl Loftus, Skinningrove, Brotton, Lingdale, Skelton, etc)

Day	Jul	Aug	Sep	Time	Level	Starting Point
Tuesday	Every Tuesday			13.00	L2	Varied weekly walks in East Cleveland Ring Sue on <b>01287 642020</b> for details of venues
Friday	Every Friday			13.00	L2	

## GRANGETOWN COMMUNITY WALKING GROUP

Day	Jul	Aug	Sep	Time	Level	Starting Point
Thursday	2nd and 4th Thursday in each month			10.00	L2	Grangeton Neighbourhood Centre, Bolckow Road

For further details of this walk contact Janet Easley on 01642 774774

