

Sedgemoor Health Walks 2021

What is a Health Walk?

It's a walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better and to manage your weight. There are so many benefits from health walking - we're sure you'll see a difference in yourself even after your first walk! Not all walks are ready to start right now, but more will return over the next few months.

Health Walk Leaders

All of our Health Walks are led by volunteers who have been trained to lead and support our walkers. Contact the walk leader to book on to a walk or if you have any concerns prior to taking part. To find out how to volunteer as a Health Walk Leader contact:

Rebecca Squire email: rsquire@sasp.co.uk

Which Walk is Suitable for Me?



Wheelchair/motorised scooter accessible.



Suitable route for buggies, prams, and pushchairs.



Refreshment place near the end of the route.



Public toilets on the route - check with the Walk Leader for more information.



These are the shortest walks and are fairly flat routes, at an easy pace and are approx. 30 mins.



These walks are between 40 mins and 1 hour and could include steps, inclines, uneven paths, stiles and gates.



These are more challenging health walks of 1-2hours +.



Progression walks – These walks are a step up from the health walks and could be 90 mins or more.



Dogs are welcome and must remain on a short lead at all times. However this may not be the case in a field of livestock. It is the dog owners responsibility to pick up after their dog.



Sedgemoor Health Walks Programme Summer 2021

Somerset Bridge Medical Centre

Meet: Stockmoor Park Estate, Bridgwater, TA6 6LD.

Time: 12:30pm

Contact: The Medical Centre

Tel: 01278 411520

Dates: 27th October, 24th November, 22nd December



Redgate Medical Centre

Meet: Westonzoyland Road, Bridgwater, TA6 5BF.

Time: 12:30pm

Contact: The Medical Centre

Tel: 01278 454560

Dates: 13th October, 10th November, 8th December



Bridgwater Town Centre

Meet: Morrisons, Bridgwater - Meet at drop off /pick up bay

Time: 11:00am

Contact: Peter

Tel: 07901 888288

Dates: 6th & 20th October, 3rd & 17th November, 1st & 15th December



Burnham On Sea

Meet: Marine Cove, Sea Front, Nr St Andrews Church, TA8 1AW

Time: 10:30am

Contact: Wendy

Tel: 07914 752744

Dates: Every Wednesday



Wilstock and Stockmoor Buggy Walk

Meet: Wilstock Park

Time: 9:30am

Contact: Hayley

Facebook: Wilstock and Stockmoor Buggy Walks

Dates: Every Friday Term Time Only from 10th September





Sedgemoor Health Walks Programme Summer 2021

Stearth Marshes

Meet: Stearth Marshes Car Park
Time: 2:00pm
Contact: Ralph
Tel: 07969 777325
Dates: Every Monday



Cheddar

Meet: Contact walk leader as meeting points vary
Time: 10:30am
Contact: Adrian
Email: adrianmale@supanet.com Tel: 07733444850
Dates: 1st & 3rd Saturday of the month
2nd & 16th October, 6th & 20th November & 4th December



Becoming a Somerset Health Walk Leader

Can you spare 2-3 hours per month to lead a walk in your locality?

SASP provide free training to all of our Somerset Health Walk Volunteers, and ongoing support after training is completed

Meet other volunteers and support your local community outdoors

For dates of next training and to complete an expression of interest form scan the QR code or visit:

www.sasp.co.uk/become-a-walk-leader-volunteer



COVID

All of our walks will continue to follow government guidance regarding COVID

If you are showing Coronavirus symptoms

PLEASE DO NOT ATTEND

Please stay home and follow the NHS guidelines.

