

If you have received this leaflet you will already have completed a health questionnaire and met one of our walk leaders.

The purpose of this leaflet is to inform you about Hambleton Strollers and the walk you are about to undertake.

1. Hambleton Strollers is an accredited Walking for Health Scheme. There are over six hundred similar schemes across the UK providing risk assessed, trained leader led walks from each of the market towns across Hambleton. Strollers are supported by Age UK North Yorkshire and Hambleton District Council
2. Our walks are primarily but not exclusively aimed at people who have perhaps not walked before or are coming back to walking after an absence. Walking is low impact and **free**, all you need is a good pair of shoes. Walking is proven to be beneficial for a number of medical conditions such as Depression, Heart

problems, Cancer, Type 2 Diabetes, Obesity, Dementia and Osteoporosis and others.

3. Our two star walks last around an hour and are over reasonably flat ground. There may be some walking over grass and on unmade paths if the weather is kind. The walk leader will explain any risks before the walk starts. Our walks are designed to enable us to shorten the walk if necessary to accommodate those who are not yet able to walk for an hour or can only walk slowly and there will be a trained walk leader to escort you. We do recommend that as a minimum you should be able to walk for half an hour.
4. Our walks are not a race and you should be able to walk and talk. We do try to get you to walk at a pace that will get you breathing a little harder as this is the healthy part of the walk. However we do recognise that everyone has their own pace and that is why we

have three walk leaders on every walk.

5. Our walk leaders will introduce you to the rest of the walkers and try to make you comfortable and part of the group. You will find the walkers welcoming and chatty and at the end of the walk we usually have a cup of coffee and a natter.
6. If you experience any problems during the walk or you want information about any aspect of the walk or future walks please ask a walk leader.
7. For those who are stronger walkers or for those of you that have improved there are longer walks in most areas and again our walk leaders will inform you of the options available both locally and across Hambleton
8. You can obtain further information from [www.whi.org.uk](http://www.whi.org.uk) or telephone Paul Fisher Walk Coordinator on 01609 771624.

9. We always need new volunteer walk leaders.
10. All our walks start 10.15 for 10.30 a.m.
11. You are walking at your own risk but our trained volunteer walk leaders do have public liability insurance cover.



If you have any problems or would like information about our walk packs which give details of six short walks around the market towns of Hambleton you can contact Paul Fisher on 01609 771624 or by e-mail [paul.fisher@ageuknorthyorkshire.org.uk](mailto:paul.fisher@ageuknorthyorkshire.org.uk)

**Hambleton Strollers**  
your local  
**Walking to Health Group**

**Start Walking and  
Feel the Benefit**