

Health Walks in Sedgemoor

March 2019

www.sedgemoor.gov.uk/healthylifestyles

Sedgemoor
IN SOMERSET






















































Details are correct at time of printing; please check our website for any amendments/changes to this programme

What is a health walk? A health walk is a brisk and purposeful walk undertaken on a regular basis for wellbeing. It can help you to feel good, have more energy, sleep better and manage your weight. All walks are free of charge and led by a team of volunteer health walk leaders. We advise you contact the relevant leader before attending for the first time.

Friday 1st	Westfield Buggy Walk (meet at Westfield Church Cafe)	9:30am	Laura				
Saturday 2nd	Cheddar (meet at Cheddar Library)	10:30am	Adrian				
	Bridgwater & Surroundings (meet at the White Feather Coffee Co.)	11:00am	Keith				
Monday 4th	Wilstock and Stockmoor Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline				
	Stearth Marshes, WWT (Wildfowl and Wetlands Trust) (meet at Stearth car park)	2:00pm	Ralph				
Tuesday 5th	Cothelstone Hill (meet in the car park) **	11:00am	Elisabeth				
Wednesday 6th	Marine Cove Gardens (meet inside the Gardens on Burnham-on-Sea seafront)	10:00am	Alison				
Thursday 7th	Town and Talk (meet at Bridgwater Arts Centre)	11:00am	Keith				
Friday 8th	Westfield Buggy Walk (meet at Westfield Church Cafe)	9:30am	Laura				
Saturday 9th	Burnham & Highbridge Walk (meet at bus shelter outside B&M)	10:30am	Alison				
Monday 11th	Wilstock and Stockmoor Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline				
	Stearth Marshes, WWT (Wildfowl and Wetlands Trust) (meet at Stearth car park)	2:00pm	Ralph				
Tuesday 12th	The Parsons Round (meet at Quantock Medical Centre)	11:00am	Elisabeth				
Wednesday 13th	Marine Cove Gardens (meet inside the Gardens on Burnham-on-Sea seafront)	10:00am	Alison				
	Wembdon Village (meet at Wembdon Church)	10:30am	Derek				
	Redgate Medical Centre (meet inside)	12:30pm	Kathy				
Friday 15th	Westfield Buggy Walk (meet at Westfield Church Cafe)	9:30am	Laura				
Saturday 16th	Cheddar (meet at Sharpham Road playing field car park)	10:30am	Adrian				











continued over...

	Bridgwater & Surroundings (meet at the White Feather Coffee Co.)	11:00am	Keith	 	 
Monday 18th	Wilstock and Stockmoor Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline	 	 
	Stear Marshes, WWT (Wildfowl and Wetlands Trust) (meet at Steart car park)	2:00pm	Ralph	 	
Tuesday 19th	Crowcombe Park Gate (meet in the car park GR ST014378) **	11:00am	Elisabeth		
Wednesday 20th	Marine Cove Gardens (meet inside the Gardens on Burnham-on-Sea seafront)	10:00am	Alison		 
Thursday 21st	Town and Talk (meet at Bridgwater Arts Centre)	11:00am	Keith	  	 
Friday 22nd	Westfield Buggy Walk (meet at Westfield Church Cafe)	9:30am	Laura	 	 
Monday 25th	Wilstock and Stockmoor Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline	 	 
	Stear Marshes, WWT (Wildfowl and Wetlands Trust) (meet at Steart car park)	2:00pm	Ralph	 	
Tuesday 26th	Keepers Combe (meet at Quantock Lodge Car Park ST188375) **	11:00am	Elisabeth	 	
Wednesday 27th	Marine Cove Gardens (meet inside the Gardens on Burnham-on-Sea seafront)	10:00am	Alison	  	 
	Wembdon Village (meet at Wembdon Church)	10:30am	Derek	 	
	Somerset Bridge Medical Centre (meet inside)	12:30pm	Kathy		 
Friday 29th	Westfield Buggy Walk (meet at Westfield Church Cafe)	9:30am	Laura	 	 
Saturday 30th	Bridgwater & Surroundings (meet at the White Feather Coffee Co.)	11:00am	Keith	 	 

Volunteer Health Walk Leaders

Adrian Male	07733 444850
Alison Crump	01278 783074
Derek Hurley	07954333468
Elisabeth Woolcock	01278 733293
Emmaline Kay	07939 021507
Kathy Bartley	01278 411522
Keith Fishlock	07557 952294
Laura Dyke	01823 653990
Ralph Hammond	07969 777325

* Wilstock and Stockmoor Buggy Walk can be subject to change. Contact Emmaline before joining ** Car share/lifts are available leaving Quantock Medical Centre at 10:30am. Please advise walk leader before 4pm on previous day

	Refreshments near end of the route	Key
	Toilets near start, during or end of route	
	Suitable for wheelchair users	
	Buggy walks: buggies/childrens scooters and bikes/walkers all welcome	
	Shorter walks on fairly flat routes at an easy pace. 30-60 minutes	
	Longer walks or those with steps, inclines, uneven paths, stiles and/or gates. 60-90minutes	
	Bridgwater walks	
	Burnham-on-Sea walks	
	Cheddar walks	
	West of Bridgwater villages walks	

For more information about Health Walks or becoming a Health Walk Leader, please contact the Healthy Lifestyles Team at Sedgemoor District Council on 0300 303 7800 or healthy.lifestyles@sedgemoor.gov.uk