

Getting active can be difficult. But we're here to help. With Ramblers Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 14 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Ramblers Walking for Health has something for everyone.



Why walk?

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

How you can get involved

Our walks are free and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can register you. Then you're free to take part in as many walks as you like, as often as you like. Dogs (and well-behaved owners) are welcome but must be kept on a lead unless the Walk Leader advises otherwise. If you want to know more before you start, just get in touch on 07825 691508 or email keith.harrison@dorsetccg.nhs.uk



For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk

Supported through funding from players of People's Postcode Lottery and Macmillan

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)

North Dorset Health Walks Programme 2018

Sturminster Newton Health Walks

Every Monday at 2pm
Length: approx. 60 mins

Meet at the Medical Centre, Old Market Hill, DT10 1QU

For more information contact Karine on 01258 471968 or email

keith.harrison@dorsetccg.nhs.uk

Every 2nd Wednesday* at 6.30pm
Length: 75-90 mins

Meet at the Medical Centre, Old Market Hill, DT10 1QU

Blandford Health Walks

Every Wednesday at 2pm
Length: approx. 60 mins

Meet at Eagle House Surgery, Whitecliff Mill Street, DT11 7DQ

Every Tuesday* at 6pm
Length: 75-90 mins

Meet at Tourist Information Centre, Marsh & Ham Car Park (Morrisons)

For more information contact Bronwen on 01258 458350 or email

keith.harrison@dorsetccg.nhs.uk

* Evening walks are from May – Sept.

Gillingham Health Walks

Every Monday at 2.30pm
Length: approx. 60 mins

Meet at The Barn Surgery, SP8 4XS
(this walk is provided by Gillingham Walkers)

For more information contact Michelle on 07787 835046 or email

michelleandmichael49@yahoo.co.uk

Every Tuesday at 2.30pm
Length: approx. 60 mins

Meet at Peacemarsh Surgery, Marlott Road, SP8 4FA

For more information contact Debbie on 01747 853006 or email

debbiesparkes@gmail.com

Shaftesbury Health Walks

Every Wednesday at 10.30am
Length: 45-75 mins

Meet at Tesco (by the trolley park)

For more information contact Peter on 07732 106713 or email

peter.wells5@icloud.com

Every Thursday* at 7pm
Length: 30-60 mins

Meet at the Town Hall.

For more information contact Charlie on 07919 913220 or email

swainsfordcharl@aol.com

Shillingstone Health Walks

Every 3rd Wednesday at 10.30am
Length: approx. 60 mins

Meet at the Church Centre, Blandford Road, DT11 0SW

For more information contact Jill on 01258 860487

Buggy Walks for families

Gillingham

Every Tuesday at 10am from Riversmeet Leisure Centre.

For more information contact Jo at Gillingham Children's Centre on 01747 837960.

Shaftesbury

Every Thursday at 10am from the Children's Centre in Wincombe Lane (next to Shaftesbury Primary School)

For more information contact Amy at Shaftesbury Children's Centre on 01747 850288.

Blandford

Every Thursday at 1pm from Blandford Leisure Centre.

For more information contact Lisa or Fiona at Blandford Children's Centre on 01258 480147.

Sherborne Health Walks

Every Friday at 2pm
Length: approx. 60 mins

Meet at Waitrose (trolley park).

For more information contact Keith on 07825 691508 or email

keith.harrison@dorsetccg.nhs.uk



Find us on Facebook ...

@northdorsethealthwalks

