

September 2018 ...*

Health Walk Leader Courses

Northamptonshire as a whole are ever expanding the Health Walk Scheme. Daventry's aim is to accomplish this too. In order to do so it is important to recruit new Health Walk Leader's. Being a Health Walk Leader enables you to meet new people, organise and run your own Health Walks. This is perfect for those who are retired and want something to do with their spare time, or simply for those who enjoy walking whilst encouraging others to do so. Leading and participating in Health Walks is a great way to enjoy the Daventry District and is also great for self-esteem, loneliness, confidence and your HEALTH! You will be fully supported and form part of a network of leaders in the area. Plus the training is free!

Daventry & District Heart Support Group 'Young at Heart'

The Daventry & District Heart Support Group welcome all members of the community to join them on their Health Walks. Contact Chairman John Evans for more details on 01327 341526 or john.evans1@btconnect.com.

Fitness for Fun and Living

Walking for health is a great way for almost all members of our communities to build and maintain fitness in a simple way. Benefits include: help to improve heart performance, reduce risk of strokes and enhance feelings of well-being. All of this is available in a sociable and friendly way. Welcome, walk and wonder as you wander.

Health Walk Newsletter

Walk your way to a healthy lifestyle



Health Walk Newsletter

Scheduled Walks for September 2018



Walk your way to a healthy lifestyle



Date	Start Time, Start Location	Walk	Duration(Mins)	Grade	Led by
Every Wednesday	10.30am, Moulton Evangelical Church NN3 7SR	Moulton	30-40	1	Heather Richardson, Brian Walton, Margret and Ruth
Every Wednesday	Noon, Daventry Leisure Centre Café NN11 4FP	Daventry	30	1	Ralph Porter and Derek Tillman
Wednesday 5 th September	10am, Long Buckby Library NN6 7QB	Long Buckby	30-45	1	TBC
Monday 10 th September	Meet at layby by garden centre	Harlestone Firs	60 mins	2	Mick Wright
Friday 14 th September	Leaving at 2 pm from Community Cafe	Braunston	30-40	1	Rosemary Kendall
Wednesday 19 th September	10am, Long Buckby Library NN6 7QB	Long Buckby	30-45	1	TBC
Friday 21 st September	Leaving at 2 pm from Community Cafe	Braunston	30-40	1	Rosemary Kendall
Monday 26 th September	Car Park Coton Manor Gardens (Near Ravensthorpe)	Northamptonshire	90	3	Alison Bennett
Friday 28 th September	10:30am, Long Buckby Library , NN6 7QB	Long Buckby	90	3	TBC

Walks are graded from 1-4:

1. Easy Pace/30 mins/1.5 - 2 miles
2. Moderate Pace/40- 60mins/2-3 miles
3. Moderate - Fast Pace/ 1–1.5 hours/3–5 miles (across country)
4. Moderate - Fast Pace / 2 hours / 5-6 miles (across country)

Other Keys:

Please wear suitable footwear on all walks.
Dogs are welcome, under the provision they
are kept on a lead for the entirety of the walk.

Contact us: For more information on health walks in
Daventry District, contact Megan Whittingham at
megan.whittingham@everyoneactive.com or 01327
871144.