

# West Norfolk

# Health Walks

# Fit Together



## September to December 2013

## Taking small steps together –

## Free health walks.

Local Coordinator: Jackie Squires  
T: 01553 616251  
E: [activity.coordinator@west-norfolk.gov.uk](mailto:activity.coordinator@west-norfolk.gov.uk)

Active Norfolk:  
T: 01603 732333  
E: [info@activenorfolk.org](mailto:info@activenorfolk.org)  
[www.activenorfolk.org/fittogether](http://www.activenorfolk.org/fittogether)



See back cover for contact information and programme pick up points

# **FIT TOGETHER WALKERS**

**WE NEED YOU**



**Fit Together depends on its dedicated volunteers, without these volunteers the programme would simply not run.**

**If you regularly walk with us and would like to give something back to the scheme then it would be great to have you volunteer with us too.**

**It doesn't have to mean leading walks weekly, the more volunteers the better, just volunteering once a month would make a huge difference.**

**If you would like to volunteer then please contact Jackie today!**

# West Norfolk Fit Together Information - Autumn/Winter 2013

## Benefits of Walking More

Walking is a great way to find out more about the area you live in and to meet new people. Research has also shown that it is an excellent activity for you to do to help improve your health. Just 150 minutes of physical activity a week, can have many benefits including:

- Keeping your heart, muscles and bones healthy
- Reducing your risk of heart disease and diabetes
- Lowering your blood pressure
- Reducing feelings of stress
- Giving you more energy



## What is a Health Walk?

- A health walk is a short, locally held walk, where you are encouraged to walk at your own pace, but, if possible, slightly faster than normal.
- The aim of the health walks is to encourage and support people who are trying to increase their activity levels and lead a healthier lifestyle.
- Trained volunteers lead our walks, with leaders at the front and back of the group. The volunteers are on hand to support all walkers, whether you're just starting out or have been walking regularly for a while.

## How fast do I need to walk?

We encourage everyone to walk at their own pace.

It's not a race or a competition and as with any exercise the important thing is to start gently and build up gradually.

We have trained volunteer leaders at the front, back and in the middle of the group, so although the group may spread out you will not get left behind.

Walking at your own brisk pace is not about how fast you go, but about how you feel.

On a health walk you should feel:

- Warmer than if you were strolling
- Your heart beating a bit faster - but not pounding
- Breathing a bit faster - but still able to talk

**Please be aware that for health & safety reasons, the front walk leader must head the walk and therefore walkers must stay level with or behind the front leader. We will always strive to meet everybody's needs, however, as all walk leaders are individuals the speed of walks will vary.**

If you feel you would like to try longer walks, then please contact The Ramblers who offer walks ranging from 4 to 7 miles on week days and longer routes at weekends.

For their current programme go to [www.kingslynnramblers.org](http://www.kingslynnramblers.org)

**Emergency Contact Details:** Please keep your Fit Together membership card handy whilst on our activities as this will have your emergency contact details and health codes written on it. Please show leaders your card when signing the walk/activity register if your card contains health codes. If you would like to come on a Fit Together walk in another part of Norfolk then please show your membership card to volunteers when you arrive.

### **Smoking**

Smoking is not allowed on the health walks.

### **Walk Guide - level of walks:**

**Introductory** - Complete Beginner: For these walks we will walk at a distance that suits you. Some Grade 1s double up as an Introductory Walk and can be anything up to a mile - even if it is 5 minutes with breaks. We want to encourage everyone to walk and this is where to start to get ready for a Grade 1

**Grade 1** - Beginner: gentle walks to suit those who are new to being active or returning from injury, illness or inactivity. They are no longer than 1.5 miles on flat or gentle slopes with mainly firm surfaces.

**Grade 2** - Improver: Walks are suited to those looking to build up their activity levels. They are between 1.5 and 2.5 miles and may include some moderate slopes and steps and some grassy, uneven surfaces.

**Grade 3** - Advanced: Aimed at people looking for longer, more challenging walks. They are generally between 2.5 and 4 miles and may include longer steeper slopes, steps and grassy uneven surfaces. You should only join level 3 walks when you can comfortably complete level 2 walks

**Grade 4** - These are our hardest walks usually because they are over 4 miles but under 6. Please only come on these walks if you have completed a grade 3 walk comfortably.

**Dogs** - Dogs are welcome on all walks, **unless indicated**. However, owners must complete a Dog Disclaimer form that will be given to walkers with dogs. Dog owners must accept responsibility as if there is an incident involving your dog the scheme does not have insurance to cover it. Once you have completed the form you will be sent a Dog Card that you can bring along to each walk. Dogs must be kept on leads (not extendable) at all times and must not interfere with other walkers. Bring doggie bags! Guide dogs are always welcome!

**Timing and Registration** - If you are new please arrive at any Fit Together activity at least 20 minutes before the start time so that you can complete the registration form. If you need glasses to assist you in completing the form please bring these with you. For insurance purposes you cannot attend a Fit Together activity until you have fully completed the registration form.



Please arrive in a timely manner to start the walk at the start time. You must arrive in time to hear the pre-walk introduction as leaders will inform you of health and safety issues and other important information. Please listen to these talks otherwise you may miss relevant information!

**Refreshments and Car Parks** - Most walks begin at a location where we can have refreshments and a chat after the walk if desired. Some walks, however, do not have facilities meaning that a short drive is necessary. Remember that it is always a good idea to bring some water with you. **Some of our car parks may fill up if large numbers turn up. To help solve this problem please try to car share with other walkers if possible.** Please bring extra footwear so we don't take muddy shoes into the social venues.



**Footwear and Clothing** - Some paths, especially by rivers, through woodland and across fields can be muddy and overgrown. Therefore it is advisable that you wear the correct footwear and clothing. **Walks including cross field paths could be muddy at any time of year so please always come prepared.** We do reserve the right to change a walk under certain conditions. If this occurs we will always either go from the same start point or have a volunteer there to take you to the new start point. Because some walks are now walked only every three months changes on route that we are unaware of may occur.

**Safety** - Some walk leaders are first aid trained but this is not an insurance requirement. Please be aware that you are responsible for your own safety and if you have a specific medical requirement please bring appropriate medication etc.. Walk leaders are also not required to carry a mobile phone if they do not have one. If you have a mobile phone please bring it on the walk in case of an emergency. You take part in the walks and any other Fit Together activities at your own risk.

**Cancellations & Directions** - Any walk or activity will be cancelled if the weather threatens the health and safety of any individual. In the event of bad weather it will be decided two hours before the start time whether cancellation is necessary. If you are at all unsure as to whether the walk will go ahead please contact your local coordinator (see back cover) where a message will be left or you will be told directly. **We also ask Radio Norfolk to announce walk cancellations.** OS grid references may be given for those walks that may be harder to find. Walk distances are measured with a pedometer or wheel and are meant as a rough guide. Other Fit Together activities may be cancelled due to illness/holidays booked after the programme has gone to print.

### **Other Active Norfolk Programmes**





**Get Into** offers people the chance to try activities over several weeks at low prices. For more information or to express your interest in a course or sport please contact Lisa Carey on 01603 732334 or email Lisa Carey at [lisa.carey@activenorfolk.org](mailto:lisa.carey@activenorfolk.org)

**Park Runs** are 5km runs offered on a Saturday morning at locations across the county and Paul Evans has set up local **running clubs**. For information on these activities please contact Active Norfolk on (01603) 732333 or email [info@activenorfolk.org](mailto:info@activenorfolk.org) or visit the website - [www.activenorfolk.org](http://www.activenorfolk.org).

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Monday 2 <sup>nd</sup> September 10.30am	Bircham Windmill, Mill Lane, Great Bircham, King's Lynn. PE31 6SJ	3	Fields, lanes and roads. Café on site.
Tuesday 3 <sup>rd</sup> September 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Tuesday 3 <sup>rd</sup> September 10.20am	No.11 bus stop at The Feathers, 71 Manor Road, Dersingham. PE31 6LN	2	Remember your bus pass. Pavement and some woodland.
Wednesday 4 <sup>th</sup> September 2pm	Downham Market Leisure Centre, Bexwell Road, Downham Market. PE38 9LL	2	Local lanes, tracks and pathways.
Thursday 5 <sup>th</sup> September 10.30am	Wretton Common, School Road, Stoke Ferry. PE33 9QL	2-3	Country roads, fields and river banks.
Friday 6 <sup>th</sup> September 10.30am	Lloyds Pharmacy, St Augustine's Way, South Wootton. PE30 8RD	2	Footpaths and woodland.
Monday 9 <sup>th</sup> September 10.30am	Castle Acre car park, Pye's Lane, Castle Acre, King's Lynn. PE32 2AE	3	Roads, fields and tracks.
Tuesday 10 <sup>th</sup> September 10.30am	Gaywood Library, River Lane, Gaywood, King's Lynn. PE30 4HD	1-2	Easy walk, mostly on footpaths. Ideal walk for beginners. Parking available.
Wednesday 11 <sup>th</sup> September 2pm	Downham Market Leisure Centre, Bexwell Road, Downham Market. PE38 9LL	2	Local lanes, tracks and pathways.
Thursday 12 <sup>th</sup> September 10.30am	Car park opposite The Heron public house, Stow Bridge, Downham Market. PE34 3PP	2	Roads, riverbanks and lanes.

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Friday 13 <sup>th</sup> September 10.30am	Reffley Ancient Woods, Reffley Community Hall, Reffley Lane, King's Lynn. PE30 3SF	2	Woodland walk.
Monday 16 <sup>th</sup> September 10.30am	Recreation Ground car park at junction of Main Road and Hall Road, Clenchwarton, King's Lynn.	4+ (4.6 miles)	Footpaths and fields tracks plus part of Parish Walk.
Tuesday 17 <sup>th</sup> September 10.30am	Doorstep Green Garden, Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Tuesday 17 <sup>th</sup> September 10.35am	No 10 and 11 bus stop at Fenside and Fenway junction, Heacham. PE31 7BJ approx.	2	A 2.25 miles walk along country paths and disused railway embankment.
Wednesday 18 <sup>th</sup> September 2pm	Downham Market Library, The Priory Centre, 78 Priory Road, Downham Market. PE38 9JS	2	Lanes, tracks and footpaths.
Thursday 19 <sup>th</sup> September 10.30am	Grass triangle opposite Church ruins, Oxborough, Norfolk. PE33 9PS Please park carefully along road sides and not in pub car park.	3	Fields, footpaths and country lanes. Some stiles.
Friday 20 <sup>th</sup> September 10.30am	Black Horse Inn, Castle Rising, King's Lynn. PE31 6AG	2	Tracks, footpaths and country roads.
Monday 23 <sup>rd</sup> September 10.30am	Deepdale Farm walk. Meet on concrete pad on left, Dalegate Lane Burnham Deepdale.	3	Fields, woodland edges, country lanes and sea wall. Sea views.
Tuesday 24 <sup>th</sup> September 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.



Date and Time	Meeting Point	Grade	Walk Information
<p>Tuesday 24<sup>th</sup> September 10.30am</p> <p>Guided Walk – with points of interest. Looking at seasonal changes.</p>	<p>Meet outside Holy Trinity Church, Lynn Road, Stow Bardolph, just off A10, north of Downham Market. PE34 3HU</p> <p>Follow brown signs for Church Farm, (Rare Breeds Centre).</p>	2	<p>A guided walk along field edges, footpaths and country lanes. Please park carefully along road sides.</p>
<p>Wednesday 25<sup>th</sup> September 2pm</p>	<p>Methodist Church, Paradise Road, Downham Market. PE38 9JE</p>	2	<p>Footpaths, lanes and tracks.</p>
<p>Thursday 26<sup>th</sup> September 10.30am</p>	<p>Bus stop, Uppgate Street, Southery. PE38 0NA</p>	2	<p>Fields edges and footpaths.</p>
<p><b>Fundraising Walk for MacMillan Cancer Support</b></p> <p>Friday 27<sup>th</sup> September 10.30am</p>	<p>Visitor Centre car park, Sandringham. Follow the brown and white tourist road signs. Nearest post code: PE35 6EH</p>	<p>2</p> 	 <p>MacMillan staff will be joining us on this walk through woodland paths and for coffee afterwards.</p>
<p>Monday 30<sup>th</sup> September 10.30am</p>	<p>Congham walk. Meet at the Anvil Inn, Congham, King's Lynn. PE32 1DU</p>	2-3	<p>Footpaths, woodland and minor roads. <b>Please use pub for refreshments after the walk.</b></p>
<p>Tuesday 1<sup>st</sup> October 10.30am</p>	<p>Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR</p>	1-2	<p>Easy walk, mostly on footpaths.</p>
<p>Tuesday 1<sup>st</sup> October 10.25am</p>	<p>No 10 and 11 bus stop at Thaxters Garden Centre, 49 Hunstanton Road, Dersingham. PE31 6NA</p>	2-3	<p>Walk may end at different bus stop. Remember your bus pass. Woodland walk.</p>
<p>Wednesday 2<sup>nd</sup> October 2pm</p>	<p>Downham Market Playing Field Lynn Road, Downham Market. PE38 9QG</p>	2	<p>Fields, footpaths and pavements.</p>

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Thursday 3 <sup>rd</sup> October 10.30am	Crown and Anchor Public House, Lynn Road, Wiggenhall St Germans. PE34 3EY	2	Parking permitted at pub. <b>Please call in for refreshments after the walk.</b> River banks, tracks and roads
Friday 4 <sup>th</sup> October 10.30am	Woodland walk. War Memorial, Lynn Road, Snettisham.	2-3	If necessary park at the Rose and Crown pub.
Monday 7 <sup>th</sup> October 10.30am	The Green, opposite The Crown Inn pub, East Rudham. PE31 8RD	3	Lanes, fields, tracks and roads.
Tuesday 8 <sup>th</sup> October 10.30am	Gaywood Library, River Lane, Gaywood, King's Lynn. PE30 4HD	1-2	Easy walk, mostly on footpaths. Parking available
Wednesday 9 <sup>th</sup> October 2pm	Downham Market Leisure Centre, Bexwell Road, Downham Market. PE38 9LL	2	Local lanes, tracks and pathways.
Thursday 10 <sup>th</sup> October 10.30am	Marham Fen. Meet at Hoggs Drove, Off the Street, Marham. OS Ref: TF719107	2	Tracks, footpaths, riverside and roads.
Friday 11 <sup>th</sup> October 10.30am	Walk from Cathedral of the Fens. Meet at gate to St Peter's Church, Church Road, Walpole St Peter. PE14 7PG	4	Village roads, fields and footpaths.
Monday 14 <sup>th</sup> October 10.30am	Burnham Overy Staithe. Harbour car park, East Harbour Way, Burnham Overy Staithe.	3	Sea bank, farm tracks and footpaths.
Tuesday 15 <sup>th</sup> October 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Tuesday 15 <sup>th</sup> October 10.30am	No 10 and 11 bus stop at The War Memorial, Lynn Road, Snettisham.	2-3	Remember you bus pass. Woodland, some rough terrain.

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Wednesday 16 <sup>th</sup> October 2pm	Downham Market Leisure Centre, Bexwell Road, Downham Market. PE38 9LL	2	Local lanes, tracks and pathways.
Thursday 17 <sup>th</sup> October 10.30am	Five Bells Inn, New Road, Upwell PE14 9AA	2-3	Footpaths, lanes and roads.
Friday 18 <sup>th</sup> October 10.30am	Leziate Village Hall, Brown of the Hill, Leziate. PE32 1EN	3	Fields, grasslands, farm tracks and footpaths.
Monday 21 <sup>st</sup> October 10.30am	Heath Road, Dersingham. TF:687298	3	Woodland, heathland and quiet country lanes. Park carefully in small car park and on road sides.
Tuesday 22 <sup>nd</sup> October 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Wednesday 23 <sup>rd</sup> October 2pm	Downham Market Library, The Priory Centre, 78 Priory Road, Downham Market. PE38 9JS	2	Lanes, tracks and footpaths.
Thursday 24 <sup>th</sup> October 10.30am	Shouldham Warren Picnic Site, Off Spring Lane, Shouldham. OS Ref: TF679104	2	Woodland tracks.
Friday 25 <sup>th</sup> October 10.30am	Bawsey Country Park car park. Off B1145 King's Lynn to Gayton Road.	2-3	Woodland walk. Uneven sandy ground.
Monday 28 <sup>th</sup> October 10.30am	Meet opposite The Stag Public House, Low Road, West Acre. PE32 1TR	3	Farm tracks and country roads. <b>Please do not park in pub car park.</b>
Tuesday 29 <sup>th</sup> October 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Wednesday 30 <sup>th</sup> October 2pm	Methodist Church, Paradise Road, Downham Market. PE38 9JE	2	Footpaths, lanes and tracks.
Thursday 31 <sup>st</sup> October 10.30am	Meet at bus stop by junction of East End Road with Bridge Street, Hilgay. PE38 0JL	2	Fields, footpaths and roads. Coffee and cake in village hall after walk. <b>No dogs please.</b>
Friday 1 <sup>st</sup> November 10.30am	Wolferton Social Club, Wolferton. PE31 6HA	2	Woodland walk, boardwalks and some roads.
Monday 4 <sup>th</sup> November 10.30am	Meet at Snettisham War Memorial, Lynn Road, Snettisham.	2-3	Woodland walk. If necessary park at the Rose and Crown pub.
Tuesday 5 <sup>th</sup> November 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Tuesday 5 <sup>th</sup> November 10.20am	No.11 bus stop at The Feathers, 71 Manor Road, Dersingham. PE31 6LN	2	Remember your bus pass. Pavement and some woodland.
Wednesday 6 <sup>th</sup> November 2pm	Downham Market Playing Field Lynn Road, Downham Market. PE38 9QB	2	Fields, footpaths and pavements.
Thursday 7 <sup>th</sup> November 10.30am	Wiggenhall St Mary's. Meet at Village hall car park, School Road, Wiggenhall St Germans.	2-3	Fields, river banks, farm tracks and roads.
Friday 8 <sup>th</sup> November 10.30am	Grimston Woods. Meet opposite Low Road on B1153, Grimston, King's Lynn. PE32 1AF	3	Woodland and some roads.
Monday 11 <sup>th</sup> November 10.30am	Ringstead farm fields walk. From Ringstead, head out along Burnham Road. Grass car park on left hand side after ½ mile.	3	Open fields, footpaths, tracks and some country roads.

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Tuesday 12 <sup>th</sup> November 10.30am	Gaywood Library, River Lane, Gaywood, King's Lynn. PE30 4HD	1-2	Easy walk, mostly on footpaths. Parking available.
Wednesday 13 <sup>th</sup> November 2pm	Downham Market Leisure Centre, Bexwell Road, Downham Market. PE38 9LL	2	Local lanes, tracks and pathways.
Thursday 14 <sup>th</sup> November 10.30am	Denver Windmill, Sluice Road, Denver. PE38 0EG	3	Roads, farm tracks and footpaths.
Friday 15 <sup>th</sup> November 10.30am	Eau Brink. On A47 west bound, one mile from King's Lynn by- pass, turn left when road widens and signpost indicates Eau Brink.	3	Park on quiet road. Footpaths, tracks and river bank. Can be rough underfoot. OS:586172
Monday 18 <sup>th</sup> November 10.30am	Little Massingham Church, Church Lane, Little Massingham. PE32 2JT	3	Country roads, footpaths and fields.
Tuesday 19 <sup>th</sup> November 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Tuesday 19 <sup>th</sup> November 10.35am	No 10 and 11 bus stop at Fenside and Fenway junction, Heacham. PE31 7BJ approx.	2	A 2.25 mile walk along country paths and disused railway embankment.
Wednesday 20 <sup>th</sup> November 2pm	Downham Market Leisure Centre, Bexwell Road, Downham Market. PE38 9LL	2	Local lanes, tracks and pathways.
Thursday 21 <sup>st</sup> November 10.30am	Outwell Methodist Church, Isle Road, Outwell. PE14 8TD	2-3	Footpaths and tracks.
Friday 22 <sup>nd</sup> November 10.30am.	Black Horse Inn, Castle Rising. PE31 6AG	2	Tracks, footpaths and country lanes.

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Monday 25 <sup>th</sup> November 10.30am	Burnham Thorpe Village Hall, Church Lane, Burnham Thorpe.	2-3	Lanes and footpaths.
Tuesday 26 <sup>th</sup> November 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Wednesday 27 <sup>th</sup> November 2pm	Downham Market Library, The Priory Centre, 78 Priory Road, Downham Market. PE38 9JS	2	Lanes, tracks and footpaths.
Thursday 28 <sup>th</sup> November 10.30am	Village Hall, Old Hall Road, Beachamwell. PE37 8HH	2	Roads, tracks, fields and footpaths.
Friday 29 <sup>th</sup> November 10.30am	Three Horse Shoes Pub, Lynn Road, Roydon. PE32 1AQ	2	Fields, footpaths, tracks and lanes.
Monday 2 <sup>nd</sup> December 10.30am	Old Hunstanton. Meet at the lighthouse, near Cliff Top car park, Off Lighthouse Lane, Old Hunstanton.	3	Parking charges will apply. Beach, roads and lanes.
Tuesday 3 <sup>rd</sup> December 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Tuesday 3 <sup>rd</sup> December 10.25am	No 10 and 11 bus stop at Thaxters Garden Centre, 49 Hunstanton Road, Dersingham. PE31 6NA	2-3	Walk may end at different bus stop. Remember your bus pass. Woodland walk.
Wednesday 4 <sup>th</sup> December 2pm	Methodist Church, Paradise Road, Downham Market. PE38 9JE	2	Footpaths, lanes and tracks.
Thursday 5 <sup>th</sup> December 10.30am	The Chequers Public House, Church Road, Wimbotsham. PE34 3QG	2-3	Lanes, tracks and some road.
Friday 6 <sup>th</sup> December 10.30am	Meet at Lynn Road bus stop near Manor Road, Dersingham.	2-3	Heathland, woodland and minor roads.

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Monday 9 <sup>th</sup> December 10.30am	Bus stop on Station Road, Near St Mary's Church, Great Massingham. PE32 2HN	3	Footpaths including Peddars Way and roads.
Tuesday 10 <sup>th</sup> December 10.30am	Doorstep Green Garden Centre Point, Fairstead, King's Lynn. PE30 4SR	1-2	Easy walk, mostly on footpaths.
Wednesday 11 <sup>th</sup> December 2pm	Downham Market Playing Field Lynn Road, Downham Market. PE38 9QB	2	Fields, footpaths and pavements.
Thursday 12 <sup>th</sup> December 10.30am	Shouldham Village Walk. St George's playing field car park, Fairstead Drove, Shouldham. PE33 0DL	2	Footpaths and some roads.
Friday 13 <sup>th</sup> December 10.30am	King's Lynn library, London Road, King's Lynn. PE30 5EZ	2	Walk along the grassy banks of the River Ouse to West Lynn and enjoy a trip back across the river on the King's Lynn ferry. £1 fare
Monday 16 <sup>th</sup> December 10.30am	The White Horse Public House, 40 Kirkgate Street, Holme-next-the-Sea. PE36 6LH	4	Coastal route, beach, sand dunes and footpaths.
Tuesday 17 <sup>th</sup> December 10.30am	Gaywood Library, River Lane, Gaywood, King's Lynn. PE30 4HD	1-2	Easy walk, mostly on footpaths. Parking available
Tuesday 17 <sup>th</sup> December 10.30am	No 10 and 11 bus stop at The War Memorial, Lynn Road, Snettisham.	2-3	Remember your bus pass. Woodland, some rough terrain.
Wednesday 18 <sup>th</sup> December 2pm	Downham Market Leisure Centre, Bexwell Road, Downham Market. PE38 9LL	2	Local lanes, tracks and pathways.

<b>Date and Time</b>	<b>Meeting Point</b>	<b>Grade</b>	<b>Walk Information</b>
Thursday 19 <sup>th</sup> December 10.30am	Meet at bus stop by junction of East End Road with Bridge Street, Hilgay. PE38 0JL	2	Fields, footpaths and roads. Coffee and cake in village hall after the walk. <b>No dogs please.</b>
Friday 20 <sup>th</sup> December 10.30am	Sandringham Visitor Centre car park. Nearest postcode: PE3 6EH	2	Woodland paths. Visitor centre for refreshments.

**Have a great Christmas and we will see you on the 6<sup>th</sup>  
January 2014!**



## **Other Activities**

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### **Tea Dances**

Hunstanton Community Centre  
Avenue Road  
Hunstanton  
PE36 5BW

Live music, mainly sequence but includes some ballroom on request.

Thursday's from 2-4.30pm. Every third Sunday in month 2-4.30pm

Cost: £3.25

With regular Leisure Card holder - £3.25

With concession Leisure Card holder - £2.75

For more information telephone: 01485 536158

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### **Gaywood and District 50-50 Dance Club**

Gaywood Community Centre  
Cemetery Drive  
Just off Gayton Road  
Kings Lynn  
PE30 4EF

Ballroom, sequence and Latin all included. If you haven't danced before or not for a long time, qualified instructors are on hand providing a short lesson and extra instruction over the course of the afternoon. The club runs bingo, raffles and other social activities on a regular basis so why not come along and watch before having a try.

Thursday's from 2-4pm

For more information telephone: 01945 584607

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### **King's Lynn & District Osteoporosis Support Group**

Methodist Church  
London Road  
Kings Lynn  
PE30 5PU

Exercise classes are run weekly for people with osteoporosis or at risk of osteoporosis

Mondays and Fridays at 11am

£2 per session. Once able to join on a regular basis then a £5 membership per half year applies.

For more information telephone: Edith Finbow (Secretary) on 01553 773309 or Barbara Blacklock on 01553 672527.

## EXERCISE CLASSES

Day and time	Cost	Venue
<b>Fitness, Fun and Flexibility</b> Mondays 9.30-10.30am. Kate Lewis 01945 880482	£3.50 All abilities	West Walton Village Hall, Mill Road, West Walton. PE14 7EU
<b>Fitness, Fun and Flexibility</b> Mondays 7-8 pm. Kate Lewis 01945 880482	£3.50	Methodist Hall, Ely Row, Terrington St John. PE14 7RS
<b>Fitness, Fun and Flexibility</b> Tuesdays 1.45 - 2.45pm For mixed ability. Kate Lewis/Pat Lowing 01945 880482	£2 (with tea and coffee)	The Pop In Methodist Church Hall, London Road, County Court Road, King's Lynn. PE30 5EJ
<b>Fitness, Fun and Flexibility</b> Wednesdays 1-2pm. Kate Lewis 01945 880482	£3.50 All abilities	Walpole St Peter's Church Hall, Walpole St Peter. PE14 7NS
<b>Fitness, Fun and Flexibility</b> First 3 Thursdays of each month 11.30-12.30pm Kate Lewis 01945 880482	£3	The Bayfield Surgery, High Street, Docking. PE31 8NH
<b>Fitness, Fun and Flexibility</b> Thursdays, 2-3pm. Kate Lewis 01945 880482	£3.50	Watlington Village Hall, Watlington. PE33 0HE
<b>Active for Life</b> <b>Structured mobility class</b> Thursdays 10-11am Kate Lewis 01945 880482	£2.50 Referral from doctor required.	Heacham Surgery, 45 Station Road, Heacham. PE31 7EX
<b>Fitness, Fun and Flexibility</b> Third Thursday of the month. 10.15-11.15am Contact Pat Knight 01553 777155	(For patients and carers)	The Kings Centre, Wellesley Street, King's Lynn. PE30 1QD
<b>Exercise, music and socialising.</b> Thursdays 10-11am Pat Lowing 01553 840121	£3	Methodist Church Hall, Paradise Road, Downham Market. PE38 9HS
<b>Gentle exercise for all abilities.</b> Phone for dates & details. Contact Sara Melhado 01553 768155	For carers only.	The Deaf Centre, Railway Road, King's Lynn. PE30 1NF
<b>Gentle exercise for all abilities.</b> Last Friday of the month 10.45-11.45am Contact Sara Melhado.	For carers only.	United Services Centre, Homefields Road, Hunstanton. PE36 5HL

free and  
confidential

**NHS**

# Health Trainer Service

ready for change....

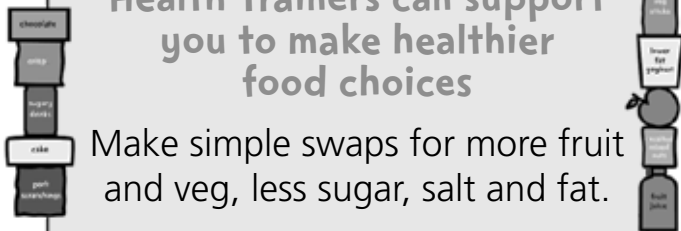
**Motivation    Support    Guidance**

## Healthy eating



Health Trainers can support you to make healthier food choices

Make simple swaps for more fruit and veg, less sugar, salt and fat.



## Exercise



Health Trainers can help you to become more active

It is recommended that adults should do at least 150 minutes of activity each week.

## Smoking



Health Trainers can help you to stop smoking

After just 20 minutes of not smoking your body begins to recover.

## Alcohol



Health Trainers can help you to reduce your use of alcohol

The daily guidelines are 2-3 units for women and 3-4 units for men.

### West Norfolk

(01553) 782629

WestNorfolk.HealthTrainerService@nhs.net

### North Norfolk

(01263) 516310

NorthNorfolk.HealthTrainerService@nhs.net

### Norwich

(01603) 638064

Norwich.HealthTrainerService@nhs.net

### Southern Norfolk

(01842) 757341

SouthernNorfolk.HealthTrainerService@nhs.net

Health Trainer  
Service



change  
4 life  
Eat well    Move more    Live longer



Scan your mobile phone here or visit our website to contact us online!



norfolk's living well 

**Contact Information:**

Melanie Brown

Fit Together County Coordinator & local coordinator for

North Norfolk, Breckland & Brandon

c/o NNDC, Holt Rd, Cromer, Norfolk, NR27 9EN

Mobile: 07766259999 or leave a message on (01263) 516029

Email: mel.brown@activenorfolk.org

**Active Norfolk** – www.activenorfolk.org – (01603) 732333 – info@activenorfolk.org

**Local coordinators:**

**Broadland & South Norfolk** – Peter Neave – peter.neave@tesco.net – 07887391733

**City Centre** – Kaz Hopes – cityhealthwalks@gmail.com – 07825833538

**West Norfolk** – Jackie Squires – activity.coordinator@west-norfolk.gov.uk – (01553) 616251

**Programme Pick Up Points:**

**North Norfolk:** Sheringham Library, Sheringham Lloyds Pharmacy, Cromer Tourist Info Centre, North Walsham Library, Wells Community Hospital, Fakenham Library, Aylsham Lloyds Pharmacy, Stalham and Holt Libraries.

**Broadland:** Lloyds Pharmacies at Taverham, Hellesdon, Aylsham, Drayton and Catton and all Broadland Libraries.

**City and Suburbs:** The Forum Norwich (Tourist Info Centre and Millennium Library), Whitlingham Visitors Centre. All city and suburbs libraries.

**South Norfolk:** All South Norfolk Libraries. Diss, Harleston and Wymonham Tourist Info Centres.

**Breckland and Brandon:** Dereham, Thetford, Brandon, Watton, Swaffham and Attleborough Libraries

**West Norfolk** – Downham Market, Kings Lynn, Gaywood, Dersingham and Hunstanton libraries and the mobile library. Borough Council offices in Downham Market, Kings Lynn and Hunstanton. Tourist Info Centres in Downham Market, Kings Lynn and Hunstanton

**Some GP surgeries and Lloyds pharmacies also have the programmes**

