

Trafford Walking for Health



John Leigh Park Walking Group

Every Monday – meet 10.20am,
Bowling Hut in the park WA14 4DX

Contact Friends of John Leigh Park
[07976 018418](tel:07976018418) or
friendsofjohnleighpark@gmail.com

West Timperley Walking Group

In association with West Timperley surgery

Every Tuesday – meet at 10.00am,
Broadheath Community Centre WA14 5JQ

Contact Steve Patrick 07751 133733
steviewp@sky.com

Boundary House Walking Group

In association with Boundary House surgery

Every Tuesday – meet at 1.20pm,
Boundary House surgery M33 2RH

Contact John Stretton 07548 237613

Woodheys Walking Group

In association with Bodmin Road and Firsway surgeries

Every Wednesday – meet at 10.20am,
Pitch & Putt building in Woodheys Park M33 4LP

Contact Anne Keast 07714 626890
anne.keast@ntlworld.com

Walton Park Walking Group

In association with Washway Road surgery

Every Thursday – meet at 10.20am, Bowls Pavilion in the park M33 4AT

Contact Andy Wright andyw1307@hotmail.com

Manor Court Walking Group

In association with Firsway and Bodmin Rd surgeries

Every Friday – meet at 9.45am, Manor Court Community Centre M33 5LX

Contact Mark Eaton markeaton1954@gmail.com

Sale Sports Club Walking Group

Every Friday – meet at 9.45am, Sale Sports Club, Clarendon Crescent M33 2DE

Contact Howard howardjohnston@btconnect.com
07789 937350 or

Chris Johnston supergranchris@hotmail.com
07919 150044

If you would like to support or lead a walk in your area, please contact Dave Walmsley on 0161 282 8154 or dwalmsley@uk2.net

Supported by



 [walking for health in trafford](https://www.facebook.com/walkingforhealthinttrafford)

<https://www.walkingforhealth.org.uk/walkfinder/trafford-walk-for-health>

How you can get involved

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

Trafford Walking for Health is your local Ramblers Walking for Health scheme. Our walks are free, fun, local and friendly and usually last **30 to 90 minutes** – perfect to help you get active and meet new people. There is often an opportunity for a cuppa and chat afterwards. If you'd like to take part, just come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. **If you want to know more or are interested in helping with our walks, please contact Trafford Scheme Co-ordinator - Dave Walmsley dwalmsley@uk2.net**

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



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

