Walking with a health condition

**Cancer** - Walking is safe both during and after most types of cancer treatment. It has lots of benefits including strengthening your bones and heart, reducing body fat, improving mental health, fatigue and reducing lymphedema.

**Heart Disease** – Walking can reduce the risk of developing heart disease, so if you’ve been told you need to look after your heart, walking can help regulate your blood pressure and cholesterol.

**Diabetes** - Walking can benefit people with Type 2 diabetes. It helps to control blood sugar levels and body weight and fights fatigue.

**Asthma** - Improving your fitness can increase lung capacity and help you to relax. Walking will improve your fitness - building up slowly, walking quicker or further as you progress.

**Mental Health Problems** - Being active has a whole range of benefits when it comes to mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.

Our health-specific partnership walks

**The Macmillan Cake Walk** – offers a short, evenly paced walk to those with, or recovering from, cancer, their carers, family and friends. The walk operates twice a month – followed by tea and cake at the Macmillan Centre.

**Watercolour Walk** – A wellbeing walk with Richmond Fellowship, enjoying the countryside and peaceful Watercolour lakes just outside Redhill.

**Epsom Downs Walk** – A refreshing walk across the downs in partnership with the Mary Frances Trust – a charity providing wellbeing support for those with anxiety and depression.

**NEW** - in collaboration with GP surgeries

**Birchwood Recreation Walk** – a 30 minute starter walk to Horley Recreation Ground for anyone recovering from illness or wishing to begin walking again after a break.

**Birchwood Acres Walk** – a 1 hour walk from The Farmhouse public house, around the Acres and back for refreshments.

**Townhill Green Lane Walk** – a 1 hour walk in Caterham offering woodland and lovely views.

**Elizabeth House Blanchman’s Farm Walk** – a 40 minute walk through the local nature reserve which includes a pond, hazel coppice and newly planted orchard.
Amazing Volunteers

The fact that you receive Stepping Out suggests that you walk, or once walked with us, which means you will know how wonderful our volunteer walk leaders and assistants are. Our walks would not exist without them. Every week throughout the year, the leaders are bringing people together, preventing loneliness and supporting them to live happier, healthier lives. Sixteen new walk leaders have trained with us this year alone.

From volunteer walk leaders and assistant leaders, to admin roles, our volunteers do a wonderful job ensuring as many people as possible enjoy, and benefit from, walking. We’d love for you to be a part of that too.

As a Walking for Health volunteer you will:

- Help people in your community to get active and healthy, providing vital support that they otherwise might not get, while staying active yourself.
- Get to know others and become part of our scheme.
- Receive relevant training and ongoing support as part of a nationally recognised and well respected programme

If you like walking regularly, enjoy the company of others and have some spare hours, please consider volunteering with us.

Thank you

We are grateful to staff at the following public houses that allow our walkers to use their car park whilst they enjoy a walk:

- The Skimmington Castle, Reigate
- The Inn on the Pond, Merstham
- The Farmhouse, Horley
- The Chequers, Walton on the Hill
- The Barley Mow, Tandridge
- The Beefeater, Epsom Downs
- The Carpenter’s Arms, Limpsfield Chart

If using one of these car parks, please take advantage of their hospitality whenever possible and enjoy a well-earned drink or lunch at the venue afterwards.

Our year in numbers 2018/19

- 188 new registered walkers to the Walking for Health scheme
- 7860 registered walk attendances
- 10,139 hours of walking

To find out more about our walks or becoming a volunteer, contact Julie Haslett for more information:

T 01737 779979 ext 230 | E julie.haslett@ymcaeastsurrey.org.uk

www.ymcaeastsurrey.org.uk

188 new registered walkers to the Walking for Health scheme

Each year we are pleased to receive donations from our valued supporters and, more recently, from the community initiatives of local supermarkets.

Waitrose Horley and Waitrose Banstead between them raised £411 from their Community Matters scheme. And we received a whopping £2,000 from Tesco Bags for Help. Our scheme had some stiff competition so I would like to thank all of you who dropped tokens into our boxes. These donations are much needed. As they say “every little helps”...

Class of June 2019 – Just some of our newly trained volunteer walk leaders