

Step out and join our Health Walks

Broadway Health Walks

When: 1st, 2nd, 3rd and 5th Tuesday of the month at 9:30am

Where: Standerwick Orchard Village Green, Broadway

When: 4th Tuesday of the month at 9:30am

Where: Tesco's Entrance, Precinct, Ilminster

Length of walk: 75-90 minutes

Description: Mixture of roadway and countryside routes

Anyone for coffee: Some routes include an optional coffee shop either during (usually Monks Yard, Horton Cross) or at the end of the walk (Meeting House, Ilminster or the Five Dials, Horton)

Leader: Vera Pharaoh

Tel: 07980 015788

Bruton Health Walks

When: Thursdays at 10am

Where: The Green at Churchbridge

Length of walk: 40 minutes

Description: Generally flat, covering a mixture of pavement and fields in dry weather. Please wear suitable footwear

Leader: Pauline Wills

Tel: 01749 850650

Email: paulinewills365@gmail.com

Castle Cary Health Walk

When: 1st and 3rd Thursday of the month at 2pm

Where: Market House, Castle Cary

Length of walk: Around 60 minutes

Description: Walks last around an hour and are followed by a cup of tea at the Market House. Gentle walk at an easy pace, along pavements and surfaced footpaths around Castle Cary and Ansford

Leader: Laura Tilling

Tel: 01963 351461

Email: tilinglaura@gmail.com

Chard Health Walks

When: Every Wednesday at 10:00am

Where: Routes in and around the Chard area, starting at the Boden Centre

Length of walk: 60-90 minutes

Description: Routes may be round Chard on pavements and also footpaths in wider countryside - some car journeys involved to start points outside of Chard

Anyone for coffee: There is no organised coffee after the walks, although members of the group often do go for coffee informally

Leader: David Coath

Tel: 01460 65523

Email: davidcoath@hotmail.co.uk

Crewkerne Health Walks

When: Every Tuesday at 9:30

Where: Crewkerne Aqua Centre

Length of walk: Up to 90 minutes

Description: Mixture of pavement and countryside routes. Every 3rd Tuesday of the month the group uses the Community Bus plus some cars to walk in the areas surrounding Crewkerne

Anyone for coffee: Members of the group often have a coffee together in a cafe after the walks, especially on the away walks

Leader: Sue and Mike Frackiewicz

Tel: 07761 441453

Email: suefrack@btinternet.com

Curry Rivel Health Walks

When: 1st and 3rd Wednesday of the month at 10:30am (meet at 10:15am)

Where: The Green, Curry Rivel (parking available near The Green or in car park behind Sandpits Heating Centre)

Length of walk: 1.5-2 miles

Description: Walks are generally flat, covering a mixture of urban terrain and fields in dry weather

Leader: Andrew Jordan

Tel: 01458 250725

Ilminster Short Health Walks

When: Mondays at 10am

Where: The Meadows Surgery, Canal Way, Ilminster, TA19 9FE

Length of Walk: Up to 1 hour easy walking

Description: Walks are mainly on footpaths and as flat as possible. Suitable for beginners or people with health issues. Also suitable for buggies

Contact: Jane Pearce

Tel: 01460 259596

Ilminster Health Walks

When: Tuesdays at 10.30am

Where: Tesco (main entrance), Shudrick Lane, Ilminster, TA19 0BQ

Length of Walk: 90 minutes

Description: Walks may be off road, on fields, woods and tracks so please wear suitable footwear.

Contact: Jane Pearce.

Tel: 01460 259596

Langport Monday Health Walks

When: Mondays at 11.30am

Where: Langport Library

If there are enough leaders/clients then we will run 2 morning walks.

Length of Walk 1: about an hour

Description: This walk is for people who would like to spend some time walking at a gentler pace. Mainly flat and level, but please wear appropriate footwear

OR

Length of Walk 2: one hour plus

Description: This walk is at a faster pace. They are mainly flat but some of the terrain can be a bit uneven and muddy, especially when wet. The walks finish back at the library where refreshments are provided for a modest fee

Contact: Amanda Chuter

Tel: 01458 250130

AND

When: Mondays at 2:30pm

Where: Langport Library

Length of walk: 30 minutes

Description: We will walk at a pace that will suit all. This walk is targeted at those recovering from illness or injury, finding it harder to walk at a faster pace or those simply testing out their walking ability.

Contact: Amanda Chuter

Tel: 01458 251437

Langport Sunday Health Walk

When: 1st and 3rd Sunday of the month at 11am

Where: Black Swan, Langport

Length of walk: 75-90 mins

Description: Mixed terrain but not too challenging. Just turn up in weather appropriate clothing and footwear

Leader: Shirley Robinson

Tel: 01458 251437

Martock Health Walks

When: 3rd Friday of the month at 9.30am

Where: The Precinct (Moorland Shopping Centre, Martock)

Length of Walk: Approximately 45 - 60 minutes

Description: Everyone welcome for a friendly and social walk covering a mixture of pavement and countryside routes.

Leader: Maggie

Tel: 01935 824252

Milborne Port Health Walks

When: Mondays, 10am

Where: East Street car park, Milborne Port, DT9 5DR

Length of Walk: Approximately 60 minutes

Description: Everyone welcome for a friendly and social walk covering a mixture of pavement and countryside routes.

Leader: Sally Oxford

Tel: 01963 250 334

Queen Camel Health Walks

When: Wednesdays at 10:30am

Where: Queen Camel Surgery

Length of walk: 30 - 60 minutes

Description: A walk in and around Queen Camel and the surrounding villages. **For patients of Queen Camel Surgery only.**

Contact: Julia Booth

Tel: 01935 462462

Email: jula.booth@southsomerset.gov.uk

Somerton Health Walks

When: Thursdays at 11am

Where: Somerton Library

Length of Walk: Up to 1 hour

Description: A mixture of pavement and countryside routes, please bring appropriate footwear, such as walking boots or stout shoes

Anyone for Coffee: A mixture of pavement and countryside routes, please bring appropriate footwear such as walking boots. At the end of the walk we visit a local pub for refreshments. This is optional.

Leader: Mo Fletcher

Tel: 01458 274631

Email: Fletcher080@btinternet.com

South Petherton Health Walks

When: 1st and 3rd Thursday of the month at 10.30am

Where: South Petherton Medical Centre

Length of walk: 60-90 minutes

Description: Walks are mainly flat but some of the terrain may be muddy or uneven. Please wear sensible footwear

Leader: Angie Kinsey

Tel: 01460 240707

Stokehill Health Walks

When: Weekly - contact Debbie to discuss; walks around Stokehill can often be scheduled for a time convenient for you. Please note, these free, guided walks are only available by prior booking, as the farm is not generally open to the public.

Where: Stokehill Farm (near Wincanton)

Length of walk: Around 1 hour

stopping and looking at livestock and wildlife on the farm
Description: Calm on the Farm Health Walks are guided walks, ideal for groups who would like to spend some time walking at a gentle pace, in the peace and quiet of the farm, with plenty of time to enjoy the seasonal changes. The walks are mostly across fields, with uneven surfaces and possibly mud in places. There are slopes but we choose routes that avoid these for groups with restricted mobility.

Leader: Debbie Hicks

Email: debbiehicks@stokehill.com



Stoke Sub Hamdon Health Walks

When: 2nd and 4th Monday of the month at 10.30am
(not on bank holiday Mondays, when the dates are 2nd and 3rd Monday of that month)

Where: The Lighthouse Coffee Shop, All Saints Hall, Stoke Sub Hamdon

Length of walk: 60-90 minutes

Description: Mixture of roadway and countryside routes

Leader: Penny Trapnell

Tel: 01935 822203

Email: pennyatrapnell@aol.com

Stoke Sub Hamdon 'Every Step Counts' Short Walks

When: 2nd and 4th Mondays of the month at 9.30am
(not on bank holiday Mondays, when the dates are 2nd and 3rd Monday of that month)

Where: The Lighthouse Coffee Shop, All Saints Hall, Stoke Sub Hamdon

Length of walk: 30-40 minutes

Description: Village walks on pavements and footpaths. Walks help to build confidence, stay healthy and increase mobility. Please wear suitable comfortable shoes.

Contact: Mark & Jane

Tel: 01935 823 868



Tatworth Health Walk

When: Mondays 6.30pm (not in Winter, please contact the Walk Leader to confirm dates)

When: Wednesday at 10am,

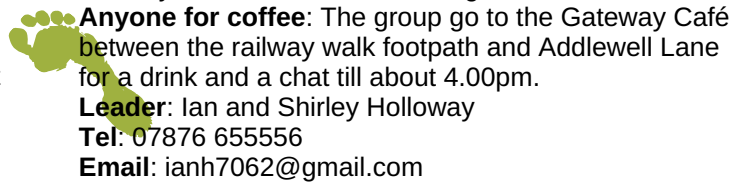
Where: The Memorial Hall, Kents Lane, TA20 2QW

Length of walk: 60 - 90 mins

Description of Walk: Walks will mainly be on paths, but comfortable footwear recommended as it may be muddy. Walks will finish at the hall where Wendy's Kitchen (Weds walk) should be open for refreshments

Contact: Rick Chubb/Jonathan Coates/Don Gibbs

Tel: 01460 221013 / 01460 394727 / 01460 351489



Wincanton Balsam Centre Walks

When: Every Tuesday at 10am

Where: The Balsam Centre, Wincanton

Length of walk: 50-60 minutes

Description: Moderate paced walk which will include some inclines enough to get you slightly out of breath but still able to have a chat. Walkers are welcome to join us for a cup of tea/coffee after the walk in the Balsam Centre.

Leader: Ali Leftwich

Tel: 01963 31842

Wincanton Short Walks

When: Every Tuesday at 11.30am

Where: Wincanton Health Centre

Length of walk: 30 minutes

Description: Short 30 minute walks on level pavements and footpaths suitable for beginners. Walks help to build confidence, stay healthy and increase mobility.

Leader: Ali Leftwich

Tel: 01963 31842

Yeovil Health Walks

When: Every Tuesday at 2pm

Where: The Gateway Cafe, Yeovil

Length of walk: 60-90 minutes

Description: Town and countryside footpaths in Yeovil Country Park and the surrounding area, routes may be hilly

Leader: Ian and Shirley Holloway

Tel: 07876 655556

Email: ianh7062@gmail.com

Yeovil Health Walks (Level Walks)

When: Every Tuesday at 2pm

Where: The Gateway Cafe, Yeovil

Length of walk: 30-45 minutes

Description: Level walking on easy footpaths in Yeovil Country Park and the surrounding area.

Anyone for coffee: The group go to the Gateway Café between the railway walk footpath and Addlewell Lane for a drink and a chat till about 4.00pm.

Leader: Ian and Shirley Holloway

Tel: 07876 655556

Email: ianh7062@gmail.com

Yeovil Health Walks (Longer Walks)

When: 2nd Friday of month at 11am

Where: The Gateway Cafe, Yeovil

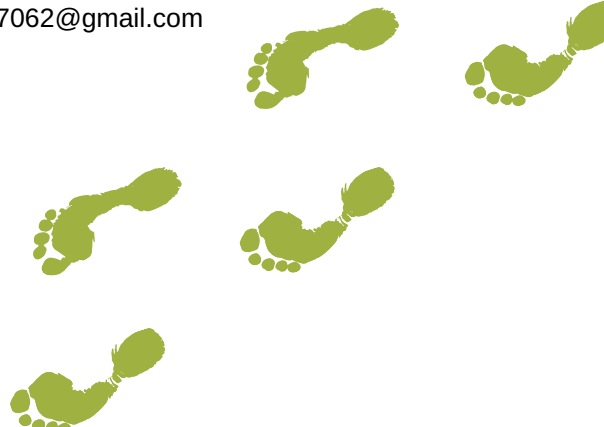
Length of walk: 4-4.5 hours (including time for lunch)

Description: Town and countryside footpaths in Yeovil Country Park and the surrounding area, routes may be hilly

Leader: Ian and Shirley Holloway

Tel: 07876 655556

Email: ianh7062@gmail.com



**South Somerset
District Council**

Hendford Lodge Medical Centre

(Yeovil) Health Walks

When: Thursday at 2pm

Where: Ninesprings Cafe, Yeovil

Length of Walk: 1 hour to 1 hour 30 mins

Description: Meet outside Ninesprings coffee Shop wearing appropriate clothing and foot wear for the walk. Dogs should be on leads, wheelchairs and push chairs welcome

Note: this walk is for Hendford Lodge MC Patients only

Leaders: Health Coaches

Tel: 01935 470200

Ryalls Park Medical Centre

(Yeovil) 5km Health Walk

When: Every Tuesday at 9.30am

Where: Westfield Community Centre, Coronation Avenue

Length of walk: 1 hour 15 minutes

Description: A fast paced, challenging walk with long steep hills. The walk finishes at St Peters Community Centre, Westfield where you are welcome to join us for a coffee after the walk back at the community centre

Leader: Fran Stephens, Julie Furniss & Karen Robinson

Email: Somccg.healthcoaches-rpmc@nhs.net

Tel: 01935 434000

Ryalls Park Medical Centre

(Yeovil) A stroll around the park

When: Every Tuesday at 10am

Where: Ryalls Park Medical Centre, Yeovil, BA21 3BA

Length of walk: 30 - 40 minutes

Description: A short, flat circular walk, starting and finishing at Ryalls Park. You chose your pace and distance with support of a walk leader. We welcome walkers to join us at St Peters Community Centre for coffee after the walk.

Leader: Fran Stephens, Julie Furniss & Karen Robinson

Email: Somccg.healthcoaches-rpmc@nhs.net

Tel: 01935 434000

