

# Step out and join our health walks

## Broadway Health Walks

**When:** 1st, 2nd, 3rd and 5th Tuesday of the month at 10.00am

**Where:** Standerwick Orchard Village Green, Broadway

**When:** 4th Tuesday of the month at 10am

**Where:** Tesco's Entrance, Princinct, 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

**Contact:** 07980 015788

**Email:** vjlpharaoh@googlemail.com

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## Bruton Health Walk

**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

**Contact:** 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

**Contact:** 01963 351461

**Email:** tilinglaura@gmail.com

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## Chard Health Walk

**When:** Wednesdays at 10am

**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:** Ron Wyncoll

**Contact:** 07790 768185

**Email:** ronwyncoll@gmail.com

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## Crewkerne Health Walk

**When:** Tuesdays at 9.30am

**Where:** Crewkerne Aqua Centre

**Length of walk:** 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

**Contact:** 07761 441453

**Email:** suefrack@btinternet.com

## Cury Rivel Health Walk

**When:** Starting on 7th April 2021 on the 1st and 3rd Wednesday of the month at 10:30am

**Where:** The Green, Curry Rivel (parking available near The Green)

**Length of walk:** 2 miles

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

**Leader:** Andrew Jordan

**Contact:** 01458 250725

## Iminster Short Health Walk

**When:** Mondays at 10am

**Where:** The Meadows Surgery, Canal Way, Iminster, TA19 9FE

**Length of walk:** 60 minutes

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

**Leader:** Brian Hamilton

**Email:** notlimahjb@hotmail.com

## Iminster Health Walk

**When:** Tuesdays at 10am

**Where:** The Meadows Surgery, Canal Way, Iminster, TA19 9FE

**Length of walk:** 90 minutes

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

**Leader:** Brian Hamilton

**Email:** notlimahjb@hotmail.com

## Iminster Evening Health Walk

**When:** Thursdays (summer only) at 6.30pm

**Where:** The Stonemasons Arms, The Dolphin Inn or The Royal Oak, all in Iminster (see Facebook for details or contact Brian).

**Length of walk:** 90 minutes

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

**Leader:** Brian Hamilton

**Email:** notlimahjb@hotmail.com

## Iminster Buggy Walk

**When:** Wednesdays at 10am

**Where:** The Meadow Surgery, Canal Way, Iminster, TA19 9FE

**Length of walk:** 60 - 90 minutes

**Description:** Everyone welcome.

**Leader:** Katie Wilkinson

**Email:** k27wilko@hotmail.com



# Step out and join our health walks



## Langport Monday

### Health Walk

**When:** 2nd & 4th Monday of the month at 10.45am.

**Where:** Meeting at the Information board behind the Library.

**Leader:** Lynn Wheller

**Contact:** 01823 490318

**Email:** wheller.llf@btinternet.com

## Langport Sunday

### Health Walk

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

**Where:** The Black Swan, Langport

**Length of walk:** 75 - 90 minutes

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

**Leader:** Shirley Robinson

**Contact:** 01458 251437

## Martock Wellbeing

### Health Walk

**When:** Tuesday 17th August at 10.30am

**Where:** Martock Recreation Ground

**Length of walk:** short

**Description:** Everyone welcome for a friendly and social walk, accessible for disability. A short and slow starter health walk around Martock.

**Leader:** Naomi

**Contact:** 07539754413

## Martock Wellbeing

### Health Walk

**When:** Tuesday 31st August at 11.30am

**Where:** The Precinct (Moorland Shopping Centre, Martock)

**Length of walk:** Short

**Description:** Everyone welcome for a friendly and social walk, accessible for disability. A short and slow starter health walk around Martock.

**Leader:** Naomi

**Contact:** 07539754413

## Martock Health Walk

**When:** 3rd Friday of the month at 9.30am

**Where:** The Precinct (Moorland Shopping Centre, Martock)

**Leader:** Maggie

**Contact:** 01935 824252.

## Queen Camel Health Walk

**When:** Friday 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.*

**Leader:** Julia Guy

**Contact:** 01935 462462

**Email:** Julia.Guy@southsomerset.gov.uk

## Milborne Port Health Walk

**When:** Mondays at 10am

**Where:** East Street car park, Milborne Port

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

**Leader:** Sally Oxford

**Contact:** 01963 250334

## Somerton Health Walk

**When:** Thursdays at 11am

**Where:** Somerton Library

**Length of walk:** 60 minutes

**Description:** A mixture of pavement and countryside routes, please bring appropriate footwear, such as walking boots.

**Anyone for coffee?** Optional. At the end of the walk we visit a local pub for refreshments.

**Leader:** Mo Fletcher

**Contact:** 01458 274631

**Email:** Fletcher080@btinternet.com

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## South Petherton Health Walk

**When:** 1st & 3rd Wednesday of the month  
at 2.30pm

**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

**Contact:** 01460 240707

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## South Petherton Saturday Health Walk

**When:** Saturday 23rd October at 10am. Every 5th Saturday.

**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

**Contact:** 01460 240707

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## Stoke Sub Hamdon Health Walk

**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

**Contact:** 01935 823 868

**Email:** anneashlee10@gmail.com

## Stoke Sub Hamdon 'Every step counts' Health Walk

**When:** 2nd and 4th Mondays 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:** 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:** 01935 823868

**Email:** anneashlee10@gmail.com

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## Tatworth Health Walk

**When:** Mondays 6.30pm (not in Winter, please contact the Walk Leader to confirm dates)  
Wednesdays at 10am

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

**Length of walk:** 60 - 90 minutes

**Description:** 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.

**Leader:** Rick Chubb/Jonathan Coates/Don Gibbs

**Contact:** 01460 221013 / 01460 394727 / 01460 351489

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## Yeovil Health Walk

**When:** Tuesdays at 2pm

**Where:** The Gateway Cafe, Yeovil

**Walk length:** 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

**Contact:** 07876 655556

**Email:** ianh7062@gmail.com



# Step out and join our health walks



## Yeovil Level Health Walk

**When:** Tuesdays at 2pm

**Where:** The Gateway Cafe, Yeovil

**Walk length:** 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 for a drink.

**Leader:** Ian and Shirley Holloway

**Contact:** 07876 655556

**Email:** ianh7062@gmail.com

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## Long Yeovil Health Walk

**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

**Contact:** 07876 655556

**Email:** ianh7062@gmail.com

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## Henfod Lodge Medical Centre Yeovil Health Walk

**When:** Thursdays 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. *\*This walk is for Hendford Lodge MC Patients only*

**Leader:** Health Coaches

**Contact:** 01935 470200

## Ryalls Park Medical Centre Health Walk

**When:** Tuesdays at 10.30am

**Where:** Westfield Community Centre, Coronation Avenue, next to St. Peter's Church.

**Length of walk:** 60 minutes

**Description:** We walk for an hour, with a variety of routes, which are along level pavements around Yeovil. We walk at a good pace but can accommodate different abilities, as we have two or three support staff.

**Leader:** Fran Stephens, Julie Furniss & Karen Robinson

**Contact:** 01935 434000

**Email:** Somccg.healthcoaches-rpmc@nhs.net