

## IMPORTANT INFORMATION

- New participants should arrive 10-15 minutes before the start time to complete a short health screening questionnaire and to register
- All walks are accompanied by trained volunteer Walk Leaders who will provide support and guidance during the session
- Routes will consist primarily of hard paving but in some cases may also take place over softer grounds ie grass

All walks include a short warm-up then gradually increase in pace (relative to the type of walk) and will be followed by a cool down at the end. You will notice that your breathing becomes a little faster, you will feel warmer and your heart rate will increase. You should not be moving at a pace that makes you feel dizzy or that makes breathing difficult. It is important that you monitor your own responses during the activity and raise any concerns with the Walk Leader.

- Please wear suitably comfortable shoes/trainers. Also, try to wear several thin layers of clothing rather than one heavy item
- Be sure to have a small bottle of water with you to drink
- Ensure that you bring adequate clothing and weather protection ie waterproofs, sun cream, parasol, blanket, hat, scarf and gloves etc
- Cancellation of walks: Walk Leaders and/or Epsom & Ewell Borough Council reserve the right to cancel walks at their own discretion due to adverse weather conditions, health and safety issues or unforeseen circumstances. We aim to give notice of any cancelled walks through Epsom & Ewell Borough Council's website: [www.epsom-ewell.gov.uk/energize](http://www.epsom-ewell.gov.uk/energize)

**For advice on public transport routes please call  
Traveline on 08712 002233 or visit [www.traveline.org.uk](http://www.traveline.org.uk)**

**Become a Walk Leader:** Can you make a small commitment of one hour per month? Why not become a Walk Leader and receive free training? Please call Leisure Developments for more information.

**For further information contact the Leisure Developments Team at  
Epsom & Ewell Borough Council on 01372 732000  
or [leisuredevelopmentsteam@epsom-ewell.gov.uk](mailto:leisuredevelopmentsteam@epsom-ewell.gov.uk)**



# Epsom & Ewell Access 4 All Walks

**Spring Programme:  
April - June 2011**

**Join us for our new  
Access 4 All Walks.  
Designed to provide people with  
disabilities the opportunity to take  
part in organised health walks.**

## 30 MINUTE WALKS

| DATE & TIME             | LOCATION                   | MEETING POINT                                    |
|-------------------------|----------------------------|--|
| <b>APRIL</b>            |                            |  |
| Monday: 4 April<br>11am | Ewell Court                | Harrier Centre car park,<br>Poole Rd.            |
| <b>MAY</b>              |                            |  |
| Monday: 9 May<br>11am   | Nonsuch Park               | Cheam Gate car park,<br>Ewell Rd.                |
| <b>JUNE</b>             |                            |  |
| Monday: 6 June<br>11am  | Court Recreation<br>Ground | Court Recreation Ground<br>car park, Pound Lane. |

- Access 4 All Walks have been designed to provide people with disabilities the opportunity to take part in organised health walks
- Access 4 All Walks will take place in areas suitable for wheelchair access and that provide easier terrain for individuals with mobility difficulties to walk on
- Access 4 All Walks are approximately 30 minutes long. They are provided to encourage people with disabilities to take part in physical activity and are a great way to improve fitness and make new friends
- Please note that participants who require any kind of care/support must be accompanied by their carer at all times.

Please note that Epsom & Ewell Access 4 All Walks are delivered within a social setting with the aim of increasing the physical activity levels of our participants. Participants are reminded that the group should stay together and therefore more experienced participants are asked to keep this in mind.

### 30 Minute Walks:

These walks are offered to those individuals who are new to physical activity, have not been physically active for a while and/or wish to increase their fitness levels gradually.

If you are unsure whether the walks are appropriate for you, please contact the Leisure Developments Team on 01372 732000 or email [leisuredevelopmentsteam@epsom-ewell.gov.uk](mailto:leisuredevelopmentsteam@epsom-ewell.gov.uk)

