

Free

# Brighton & Hove Healthwalks Walks & Events

## Winter 2013 – Spring 2014



### Introduction to Healthwalks

Welcome to our brand new programme of FREE Healthwalks for autumn to spring 2013/14. Feedback from our hugely successful 10th Anniversary Programme, shows that you loved all the new special and themed walks we offered; so you'll be pleased to hear it's a packed programme, with four new regular walks and nearly 40 new one-off or themed monthly walks to see us through winter!

Brighton & Hove Healthwalks is funded by Brighton & Hove City Council Sports Development and Public Health teams. It has been providing a programme of free regular walks for over ten years. About a thousand people each year walk with us across the city's wonderful urban parks, countryside and open spaces.

Healthwalks provide accessible and enjoyable exercise that is appropriate for people of all ages and abilities. They also help people to socialise and connect with their local communities and cultural heritage.

**Healthwalks are designed to be within an easy to moderate level. However, if you have concerns about becoming more physically active, talk to your GP or other health professional before attending one of these walks.**

**Please wear clothing and footwear suitable for the walk you are attending (the key below should help you) and arrive 10 minutes before the official walk start time on your first walk to give you time to register.**

As with our 10th Anniversary Programme, our regular walks are in the green section on the back of the programme, and our monthly walks are in the calendar section at the front of the programme. The programme is designed so that it can be hung up like a calendar, with months easily folded back once they have past.

If you would like a plain text version of the programme or need it in another language please get in touch. Bus information for all our walks can be found on [www.buses.co.uk](http://www.buses.co.uk)

### Getting the most out of walking

To get the most out of any walking you do, aim to do the middle section of your walk at a brisk pace. You will know you are walking at a brisk pace that is right for you if you:

- a) feel your heart beat a bit faster,
- b) feel a bit warmer,
- c) are breathing a bit faster,

but are able to comfortably have a conversation. Walking at any pace is good for you, but brisk walking exercises your heart and lungs, and means you will burn as many calories as jogging!

### Walk grading

- easy/beginners
- easy/moderate
- moderate/challenging



Wheelchair friendly



Walk includes some hills



Refreshments



Buggy friendly



Toilets



Family friendly

Visit [www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks) for more information.

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Improving health and happiness  
[www.brighton-hove.gov.uk/oneplanetcity](http://www.brighton-hove.gov.uk/oneplanetcity)



Local culture and community



Sustainable transport



## November

83% of Healthwalkers make new friends through the scheme.

**Sun 3 Nov LGBT (Lesbian, Gay, Bisexual & Transgender) & Friends walk; 2pm, Monthly** Meet at Queen's Park café. Join the group In Queens Park for a lovely, easy walk around this city oasis. (In association with BLAGSS)



**Tues 5 Nov Chasing Lights 1 (street lights and fireworks) 6 – 8pm (fireworks at 7.30pm)** The New Club Café, corner of Preston st. Join photographer Julia Horbaschk for a walk through Hove towards the Cricket Club to photograph the yearly bonfire fireworks display. Capture lights, people & any other happenings along the way. Fusion of street photography & tech experiments! Tripod useful. Cameras or phones suitable. Places limited please book via <http://photo-courses-brighton.eventbrite.co.uk>



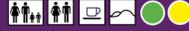
**Tues 12 Nov Falmer & beyond, 1pm** Meet at the bus stop at University of Brighton bus turnaround, Village Way, Falmer. A lovely walk taking in Falmer village, Bow Hill and finishing at Eat Central in the university complex. 4 miles.



**Sat 16 Nov Balsdean 1pm** Meet at the small car park adjacent to the junction of Falmer Rd and Bexhill Road. A lovely linear walk from Castle Hill, taking in the site of Balsdean village, through wonderful Downland then finishing at Kipling Gardens in Rottingdean. 4.5 miles.



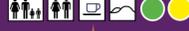
**Sun 17 Nov Stanmer Medicinal Herbs Talk 12.30pm** Meet at Stanmer Tea Rooms after the regular Stanmer walk and visit the Physic Garden Project for amazing insights into the medicinal and therapeutic properties of local plants.



**Tues 19 Nov Cemeteries Walk 12.30pm** The Gladstone Pub, 123 Lewes Rd. Explore the beautiful surroundings and amazing views on offer in Brighton's extra-mural cemeteries. A circular green (1.5m) or yellow level (2m with hills) walk offered.



**Sun 24 Nov Dog Walk 1pm** Hove Park Café. A chance for dogs and their owners to meet up, socialise and have a lovely walk around Hove Park! All well behaved owners and their dogs welcome!



## December

**Sun 1 Dec World AIDS Day LGBT Healthwalk, 2pm** Meet at Hove Peace Statue and walking the mile along the seafront to New Steine Gardens Memorial Space in Kemp Town where later in the day there will be a candle lit vigil between 6 and 7pm. Please wear your Red Ribbon or something red. For more information on World AIDS Day in Brighton go to [www.tht.org.uk/](http://www.tht.org.uk/)



**Sun 1 Dec Chasing Lights 2 (North Laines Window Displays, 5 – 7pm** Meet under the arches of The Strada restaurant, New Rd. Join photographer Julia Horbaschk for a walk and find some funky Xmas themed displays in this authentic Brighton/non-chain corner of town and wind down from the pre Xmas shopping madness! Cameras or phones suitable. Places limited please book via <http://photo-courses-brighton.eventbrite.co.uk>



**Mon 9 Dec Christmas Wreath Preston Park Walk 10am** Meet at Rotunda café. Join the regular, popular Preston Park walk, and stay on afterwards to make a Christmas Wreath from locally sourced greenery! In partnership with Friends of Preston Park.



**Tues 10 Dec Falmer & beyond, 1pm** Meet at the bus stop at University of Brighton bus turnaround, Village Way, Falmer. A lovely walk taking in Falmer village, Bow Hill and finishing at Eat Central in the university complex. 4 miles.



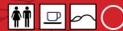
**Fri 13 Dec Stroll on the Steine & Pavilion Gardens Historic Walk 11am** Meet in front of Marlborough House, 54 Old Steine. Join local historian, Sarah Tobias, for an historic walk of Brighton's fashionable parading place, where fishermen dried their nets and the Prince Regent's secret wife lived! ([www.sarah-tobias.blogspot.co.uk](http://www.sarah-tobias.blogspot.co.uk)). \*Places are limited. Contact Healthwalks to book\*



**Tues 17 Dec Cemeteries Walk 12.30pm** The Gladstone Pub, 123 Lewes Rd. Explore the beautiful surroundings and amazing views on offer in Brighton's extra-mural cemeteries. A circular green (1.5m) or yellow level (2m with hills) walk offered.



**Sat 21 Dec Balsdean 1pm** Meet at the small car park adjacent to the junction of Falmer Rd and Bexhill Road. A lovely linear walk from Castle Hill, taking in the site of Balsdean village, through wonderful Downland then finishing at Kipling Gardens in Rottingdean. 4.5 miles.



**Sat 21 Dec Winter Solstice Walk 2.30pm** Meet at the bus stop at Devil's Dyke car park. Mark the Winter Solstice with a lovely 3 mile walk around Devil's Dyke ending in time to watch the sunset on the shortest day.



"Healthwalks is an excellent way of promoting health. I have been a Healthwalk Leader for 5 years and I have seen the benefits to people using Healthwalks. It is good socially, mentally & physically."

Over half of our regular Healthwalkers say that their mental wellbeing has improved since joining the scheme.

Visit [www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks) for more information



