



Walking for Health

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Whether you're walking to work, stepping out at lunchtime, walking to the shops or local park or taking the dog for a walk, brisk walking can be simple to fit into your everyday life.

Walking for Health is a great way to meet new people, make new friends and enjoy the local area. Many walking activities are provided to help you stay fit and healthy and improve wellbeing. Please be aware of one's fitness levels and, if in doubt, consult your doctor before starting a new exercise programme. If you are not very active but are able to walk, increase your walking distance gradually.



Some walks could be uphill or muddy so please be aware of this and ensure that you are prepared with the right equipment. Some walks also permit dogs to join.

Benefits include –

- Improved balance
- Lower blood pressure and defend against heart disease, stroke and type 2 diabetes
- Help maintain cognitive function
- Reduce depression and anxiety

Surrey FA Walking Football

Walking Football, is a slow-paced version of the beautiful game aimed at getting players back involved in the sport. These sessions are aimed at (but not limited to) over 50s, those coming back from injury and those with lack of mobility.

There are plenty of breaks for stretching and water, however a full medical screening process is advised beforehand.

Cranleigh Walking Football Group

Where: Cranleigh FC

When: Thursdays 6.30pm - 7.30pm

Cost: Initially zero (first 3 times), then annual club membership fee.

Godalming Walking Football Group

Where: Kings College

When: Fridays, 8pm-9pm

Cost: £5 per session (Taster FREE)

Guildford Walking Football Group

Where: Surrey Sports Park

When: Wednesday, 10-11am

Charges apply

GUILDFORD WALKS

LOCATION: GUILDFORD

Walk meet point:

Boxgrove Shops

Walk day & Start time:

Every Monday 9:45am

Walk Duration: 60-90 mins

LOCATION: GUILDFORD

Walk meet point:

Guildford Spectrum

Walk day & Start time:

First Monday of the month 10:15am

Walk Duration: 50 mins

LOCATION: GUILDFORD

Walk meet point:

Guildford Spectrum

Walk day & Start time: Last Monday of the month 10:15am

Walk Duration: 40 mins

LOCATION: GUILDFORD

Walk meet point:

Grove Road Car Park

Walk day & Start time:

Third Monday of the month 10:20am

Walk Duration: 40 mins

LOCATION: MERROW DOWNS

Walk meet point: Warren Road

Walk day & Start time:

Third Monday of the month 10:30am

Walk Duration: 30 mins

LOCATION: WORPLESDON

Walk meet point:

Worplesdon Place (at pub)

Walk day & Start time:

Every Tuesday 10:30am

Walk Duration: 60 mins

LOCATION: SHALFORD

Walk meet point:

Seahorse Inn Overflow Car Park

Walk day & Start time:

Every Wednesday 9:45am

Walk Duration: 60 mins

LOCATION: SHERE

Walk meet point: Village Hall,

Recreation Road Car Park

Walk day & Start time:

Every Thursday 10am

Walk Duration: 60 mins

LOCATION: WHITMOOR COMMON

Walk meet point:

Jolly Farmer Pub Car Park

Walk day & Start time:

Every Friday 10:45am

Walk Duration: 60 mins

WAVERLEY WALKS

LOCATION: FARNHAM

Walk meet point:
Farnham Leisure Centre
Walk day & Start time:
Every Tuesday 10:30am
Walk Duration: 60 mins

LOCATION: GODALMING

Walk meet point: GU7 3BH
(Behind the tennis courts at Godalming Leisure Centre)
Walk day & Start time:
Every Tuesday 10:30am
Walk Duration: 1hr 20mins

LOCATION: GODALMING

Walk meet point: GU7 1ER
(Godalming Town's bandstand)
Walk day & Start time:
Every Thursday 11am
Walk Duration: 60 mins

LOCATION: HASLEMERE

Walk meet point:
Haslewey Centre
Walk day & Start time:
Every Thursday 2pm
Walk Duration: 60 mins

LOCATION: HASLEMERE

Walk meet point:
Haslemere Leisure Centre
Walk day & Start time:
Every Saturday 11am
Walk Duration: 60 mins

LOCATION: CRANLEIGH

Walk meet point:
Cranleigh Leisure Centre
Walk day & Start time:
Every Tuesday 11am
Walk Duration: 1hr 30mins

Alice Holt Forest

(Charges Apply)

There are various trails around the forest including the Habitat Trail. These are different ability levels and walk lengths. There are also easy access trails for those with pushchairs and wheelchairs with a shortcut option.

Nordic Walking can be attended after you have completed the beginner's course and hold a FREEDOM card.

Parkrun

Free weekly community events across Surrey. Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

By attending you can learn new skills and enhance your health and happiness in the great outdoors whilst making new friends, feeling part of your local community and improving your fitness.

U3A

(Membership Charges Apply)

Milford and District U3A offer a Monday Ambling Group and Thursday Rambling Group.

Cranleigh U3A offer short and long walks on Monday, Wednesday and Fridays.

Guildford U3A offer a variety of morning, short and all day walks on Tuesday, Wednesday and Thursdays.

Active 10 app



Active 10 allows you to track how much and how fast you have walked. To keep things interesting, it gives you goals to work towards and rewards your progress. Just pop your phone in your pocket and away you go!

The app tracks your steps, helps you set goals and shows you your achievements.

Couch to 5k



A running programme for absolute beginners. Couch to 5K has now helped more than 4 million people start running.

The app works with your music player and tracks your runs to help motivate you.



Clive Scott, Age UK Surrey Volunteer Walk Leader

Age UK Surrey G050 walking

Health walks are a chance for people of all ages to take part in local walks led by volunteers. Walks last between 1 - 1½ hours and are suitable for people of all abilities. There will always be a leader and a backmarker to make sure everyone gets back safely.

These walks are for those who are aged 50 and over to exercise and meet new people. They are held on multiple dates and locations across Surrey.

Referrals

Any member of the practice staff and any health or social care professional can refer to the social prescribing service.

Please find a copy of the referral form attached to the accompanying email.