

Hertfordshire



Health Walks

A toolkit for health care professionals, social prescribers and community groups



www.hertfordshire.gov.uk/healthwalks

What can you expect on a Health Walk?



Free and easy to join

All Health Walks are free to attend. No booking required.

Walkers can [register online](#) or at the start of their first walk.

Our walks programme is Countywide. You can find your local Health Walk [here](#).



Regular

Most Health Walks are weekly or fortnightly.

There are currently around 70 walks a week on the timetable(s).

There are some evening and weekend walking opportunities.



Walks for all abilities

Our 'First Steps' walks are 20-30 minutes long. Great for patient referrals.

Most Health Walks are an hour long, and Grade 4+ can be 90 minutes or more.



Sociable and open to all ages

Friendly volunteers in hi-vis jackets will greet walkers at the starting point and make them feel welcome.

Most walks end with a cup of tea and a conversation where possible.

Walk Grades Explained

Gentle Walks

First Steps

20–30 minutes, gentle pace, flat terrain.
These walks are a great starting point for anyone looking to increase their physical activity or recovering from illness or injury.

Grade 1

30–40 minutes, steady pace, gentle hills.

Grade 2

Up to 45 minutes, faster pace, moderate hills.

Progression Walks

Grade 3

Up to 60 minutes, faster pace, moderate hills (3 miles or less).

Grade 4

Up to 60 minutes, faster pace, moderate hills (5 miles or less).

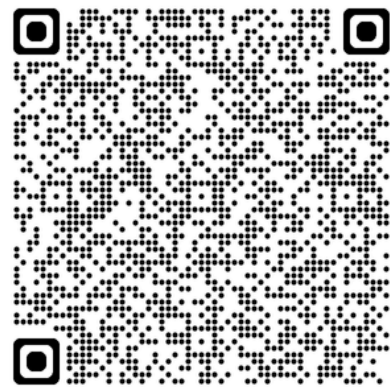
Grade 4+

Longer than 90 minutes, faster pace, steep inclines (6 miles or less).

Map of walk locations

For more information and area
timetables, go to:

[www.hertfordshire.gov.uk/
healthwalks](http://www.hertfordshire.gov.uk/healthwalks)



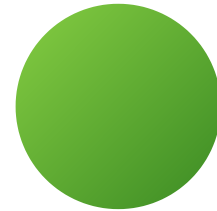
Resources available to you

Promotional Materials and Timetables

Local Health Walks Timetables are updated regularly online –

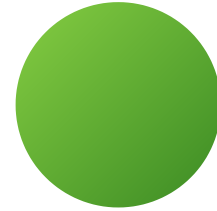
[Find a walk near your surgery here.](#)

We can provide postcards and posters for display and distribution.



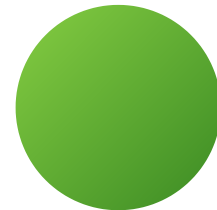
Digital Screen Graphic

We can provide an informative digital slide for waiting rooms.



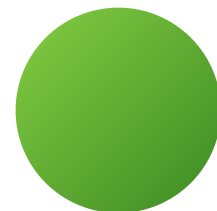
SMS Wording

SMS wording can be provided to inform patients about Health Walks in their local area.



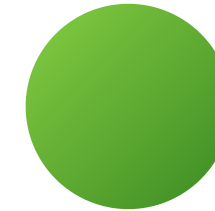
Volunteer Training

We can provide training to staff if you would like to become a Health Walk Champion or Health Walk Volunteer.



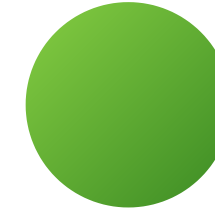
Easy Online Registration and Self-Referral

New walkers can [register online](#) or before their first walk.



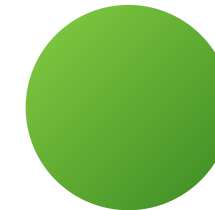
Talks and Events

Project Officers or Health Walk volunteers are available to talk to staff and patients or attend events.



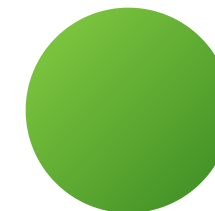
Taster Walks

In some instances we may be able to organise one-off 'taster walks.' These can help to increase staff and patient engagement and boost confidence to attend, or refer to, our existing walks.



Newsletters and Social Media

You can subscribe to '[Walking in Hertfordshire](#)' or follow us on [social media](#).



Testimonials

Health Walker and Volunteer

"During the two years after I joined, I found Hertfordshire Health Walks helped me considerably with reintegration into society. It relieved my sense of isolation and loneliness and taught me self-care such as breathing techniques and improved my sense of self-esteem."

Dee, walker and Health Walk Volunteer

GP

"I see many of my patients who have significant challenges with their health, who need more than what we as medical professionals have traditionally been able to offer. I know that HHW will benefit my patients, and the First Steps/Grade 1 walks are accessible to so many of them."

Dr Jay Kuruvatti, senior partner at Lea Wharf Medical

Public Health Officer

"Sharing a walk with someone is brilliant for emotional wellbeing and companionship. You can also set a goal and track your progress which provides a sense of achievement and boosts self-esteem. The release of endorphins you get from walking is good for stress, anxiety and depression, promoting feelings of happiness, improving your quality of sleep and improving mental health."

Claudette Rhiney, Health Improvement Officer at Hertfordshire County Council

Social Prescriber

In this [video](#) you can hear **Suzanne Brown**, from Hatfield PCN, talk about her experience of becoming a Health Walk volunteer and the physical and mental health benefits she has seen in her patients.

<https://youtu.be/7KbUuvfRXik>



Contact Us



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