

Getting active again can be difficult, especially after a period of illness. We are here to help. If you have been given this leaflet, your GP believes that short walks will help you improve your health by making you feel better almost immediately. Newport Rotary Lite and Walking for Health have produced this map and information about all the public seating in your town. With advice and guidance from your GP, you can plan and undertake short walks with suitable resting points matched to your current needs. In time, you might like to progress by joining one of the regular Walking for Health - Telford and Wrekin walks.

Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 263017, Scotland no. SC039907, Isle of Man no. 604)

How you can get involved

Walking for Health - Telford and Wrekin is your local scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch.

e-mail:

info@walkingforhealthtelfordandwrekin.org.uk
or phone: 07512 123995

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk

one step ahead



Newport Town Bench Walks

Short walks to improve your health

A community support project
produced and funded by





Bench	Location	Distance (metres)	Bench dedication
1	Town Centre Square		
2	St Nicholas Church	89	Newport Literary & Social Institute/Royal Naval Association
3	Canal Bridge Lower Bar	299	Councillor Eileen McMahon
4	Bridge Inn	100	Annabelle Lady Boughey Charity
5	King's Head	147	
6	Telford Farmers Market (TFM)	97.5	
7	Edgmond Junction	37	
8	Mason's Place - Forton Road Junction	988	John White & Scampi
9	East end of Canal	1209	
10	Canalside 1	90	
11	Canalside 2	128	Dennis Watkin
12	Canalside 3	256	
13	Canalside 4	126	
14	Canalside 5	56	
15	Canalside 6 - Islington Close	186	
16	Canalside 7	238	
17	Canalside 8	85	
18	Canalside 9	73	
19	Canalside 10	24	
20	Canalside 11	17	
3	Canal Bridge Lower Bar	100	
21	Victoria Park - Canalside	105	
22	Victoria Park - picnic area (5 benches)	49	
23	Victoria Park - Swimming Pool	85	
24	Victoria Park - Play Area	70	
1	Town Centre Square	424	
25	New Street Garage	173	Councillor Anne Covey
26	Broomfield Road	330	
27	Opposite Wellington Road Surgery	928	Jules Grainger
28	Opposite Masonic Hall	220	
29	Guildhall	112	
30	Library	140	
29	Guildhall	112	
31	Corner of Wellington Road and Upper Bar	80	RBL Ladies Section
32	Newport Cottage Care Centre	192	
33	War Memorial	86	Newport Town Council
34	Hutchinson Way Kissing Gate - Station Rd.	381	
32	Newport Cottage Care Centre	467	
35	Junction of Granville Rd. and Audley Av.	456	Frank Beech
36	Stafford Road beyond Broadway junction	550	
37	Daniels Cross roundabout	345	
36	Stafford Road beyond Broadway junction	345	Hazel Robinson MBE
38	Stafford Rd & Laurel Drive junction	362	
24	Victoria Park - Play Area	415	