



GWIRFODDOLWYR
CERDDED
 GYDA'N GILYDD
 ERS 2001



**YOU'LL NEVER
 WALK ALONE**
 VOLUNTEERS
 EST. 2001

WEEKLY WELLBEING & HEALTH WALKS FOR PRESTATYN & MELIDEN AUTUMN/WINTER PROGRAMME 2024/25



SUPPORTED BY
PRESTATYN
 TOWN COUNCIL

**FREE
 WALKS**
 OPEN TO ALL

Improve your health, meet new people and make new friends with our free, social, weekly volunteer-led walks programme.

☎ 01745 857185 or 07785 271807 📱 📷 📧 ynwavolunteers



Welcome to the Autumn/Winter 2024/25 edition of the YNWA Volunteers walks programme and newsletter. We would like to take this opportunity of expressing our thanks and appreciation to all our volunteer walk leaders and back markers, without whom we would not be able to sustain the number and range of walks on offer.

LATEST NEWS

Walking Festival

Prestatyn & Clwydian Walking Festival will take place on the 16th, 17th & 18th of May 2025. It will be our 20th Anniversary and we look forward to several YNWA volunteer Walk Leaders offering walks in the programme.

Please let Malcolm know about your walk ideas as soon as possible, as event planning is well underway.

Grant Summary

With the aid of the grant from the Government Shared Prosperity Fund administered by Denbighshire Leisure Ltd we have successfully organised a First Aid Course, a Coach Trip to British Ironworks, the YNWA Open Day, Seasonal Walk Programme/Newsletters and the development of a dedicated website.

All the events have been well attended and we thank everyone for their help and support. We have managed to attract and engage with many new walkers during the grant period.

Walk Leader Training

Anyone interested in attending a free volunteer walk leader four-hour training sessions should contact Malcolm on malcolmray@supanet.com or by phone on 07795 271807.

Participants will be awarded a certificate of attendance following a practice walk around the Morfa's.

Keep an eye on our social media accounts for the latest updates.

BADGE AWARDS SCHEME



Our awards scheme is a great way of keeping track of your progress whilst earning badges. Simply present your attendance card to your leader at the start of every walk and they will initial and date it. Six high quality metal badges are available.

**10 walks - Bronze badge • 50 walks - Silver badge
100, 200 and 300 walks - Gold badge • 500 walks - Platinum badge**

Badge presentations are made by the walk leader and photographed with permission. Attendance cards are available from your walk leader or Prestatyn Town Council office.

PHOTO GALLERY










A selection of snaps taken on our First Aid course in July, our coach trip to the British Ironworks Centre in Oswestry, Shropshire in October, and the YNWA Volunteers Open Day, also in October. More photos are available to view on our social media and website.



**WEEKLY WELLBEING & HEALTH WALKS
FOR PRESTATYN & MELIDEN
AUTUMN/WINTER TIMETABLE 2024/25**



SUPPORTED BY
PRESTATYN
TOWN COUNCIL

Day, grade of walk and start time	Start location	Description	Approx. Duration	Optional refreshments
Mon B 10 am	Ty Pendre Community Centre (next to Cross Foxes pub)	Brisk paced walk for all. 	60 mins	Various
Mon A 1.45 pm	Meet outside Kings Hall Community Centre, Kings Ave. Prestatyn LL19 9AA 	Gentle paced wellbeing and social walk along woodland paths. Suitable for beginners. 	45-60 mins	Various 
Tue B/C 10 am	Various - contact Sue on 07493 188707 or Kenn on 07747 429397 for details	Mixed ability Nordic Walk. <i>Newcomers welcome following one-to-one induction.</i>	75-90 mins	Various
Tue B 10.30 am	Ty Pendre Community Centre (next to Cross Foxes pub)	Social walk with hills and lovely scenic views. 	60-75 mins	Various
Thu C/D 2 pm	Saints Health & Fitness, Meliden (meet in car park) -Bring bus pass or fare for monthly trip	Enjoy a more challenging walk with panoramic views and scenery. 	Up to 120 mins	Various
Sat C/D 10 am	Ty Pendre Community Centre (next to Cross Foxes)	Enjoy a more challenging walk over stiles with panoramic views and scenery. 	120 mins approx.	Various
Sat Nov 16th Dec 14th Jan 11th A/B 	N. Wales Bowls Centre, Ferguson Avenue LL19 7YA	Social beach and countryside walk for all ages. 	90-120 mins approx.	Refreshments at North Wales Bowls Centre or other local venues

GRADING TABLE FOR WEEKLY WALKS

Grade	Description
A	Mostly flat with no significant inclines. Footpaths - no stiles. Up to 2 1/2 miles.
B	Moderate inclines. Footpaths and grassland. May include stiles. 2 to 3 miles.
C	Some Steeper inclines and stiles. Footpaths and grassland. 3 to 5 miles.
D	More challenging walk with steeper inclines. Footpaths and grassland. May include stiles.

Special Note It is the responsibility of walk participants to ensure that they wear suitable footwear and clothing for the prevailing weather conditions and terrain. For further details contact Malcolm on **07785 271807** or Prestatyn Town Council on **01745 857185**.

All walks in the programme will not take place on Bank Holidays.

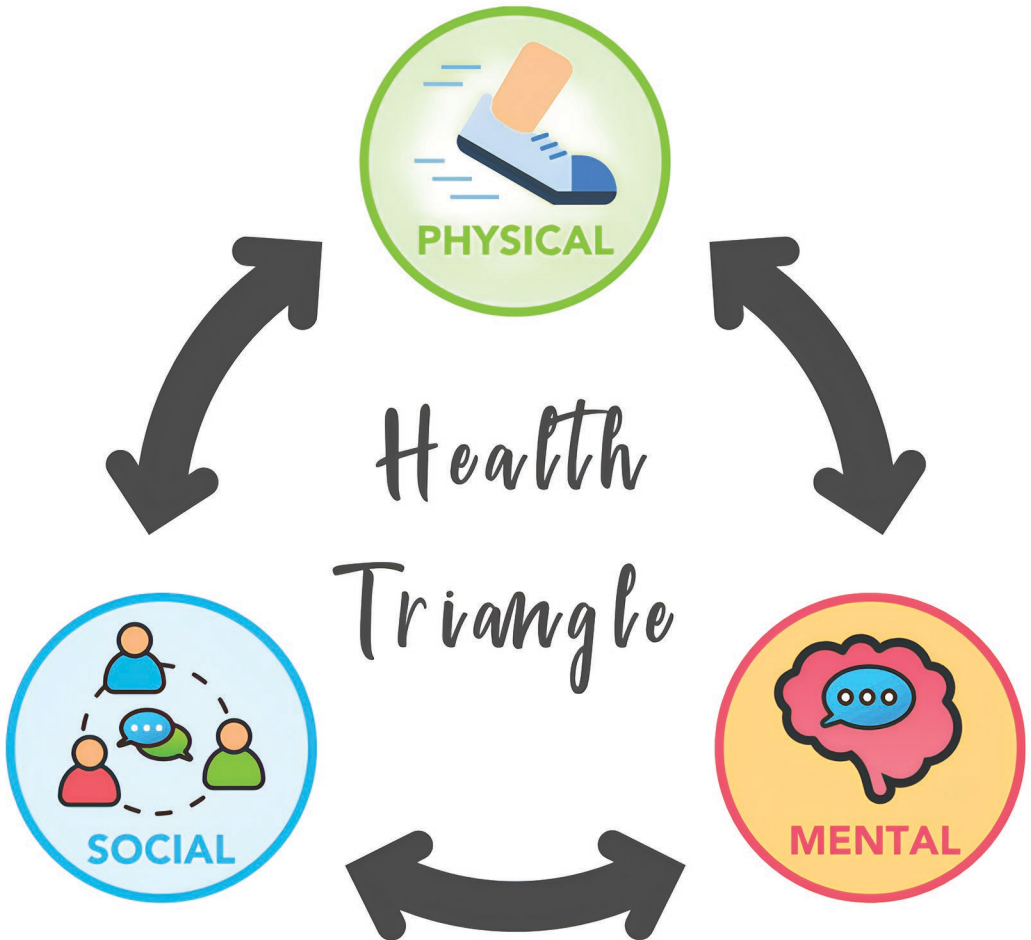
Prestatyn & Clwydian Range Walking Festival

In 2025 Prestatyn & Clwydian Range Walking Festival celebrates its 20th anniversary, and will once again feature several walks led by You'll Never Walk Alone leaders across the three days.

The dates for your diaries are **Friday 16th to Sunday 18th May 2025**. See you there!

 **01745 857185** or **07785 271807**    **ynwavolunteers**

WALKING THE WAY TO WELLNESS



What Is The Health Triangle?

The health triangle, also known as the wellness triangle, is a measure of our body's overall wellbeing. It is a representation of your body's efficiency and balance.

The health triangle consists of three sides that contribute to your overall wellness. When you are at the optimal state, all three are in a balanced state and your body is at its most efficient.

The benefits of NORDIC WALKING


**YOU'LL NEVER
WALK ALONE**
VOLUNTEERS
EST. 2001

- Enjoyable, all can be good at it.
- Helps with weight loss.
- Tones muscles and helps keep bones strong.
- Protects hip and knee joints.
- Can strengthen heart and lungs.
- Boosts circulation.
- Improves Lymph drainage.
- Promotes mental wellbeing.



The benefits of walking with You'll Never Walk Alone Volunteers - all the above and:

- Great, friendly company.
- Equipment provided to hire.
- Free instruction given.
- All walks led by a qualified leader.
- All walks risk assessed.
- Variety - 20 different starting points and 57 different walks, and counting...

For more information on Nordic Walking with us contact Sue on 07493 188707 or Kenn on 07747 429397



Walk with us... and feel better!

Becoming active can be difficult but we are here to help. With our weekly wellbeing walks you could reduce your stress, lose weight and share some laughs - walking for health has something for everyone. It's free and all are welcome to take part in a short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep and make new friends. For over 22 years we've helped thousands of people like you discover the many benefits of regular walking.

Why walk?

Walking is truly accessible and almost everyone can do it any way and at any time. It won't cost you anything and you don't need any fancy equipment.

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 and muscles strong
- Increase 'good' cholesterol

How can you get involved?

Prestatyn & Meliden's You'll Never Walk Alone is your local Walking for Health Scheme, established in 2001. We offer 7 walks per week throughout the year so there really is something for everyone, whether you are a beginner or a regular walker. These are open to everyone and are free, fun and friendly.

All our walks are led by trained walk leaders and details of the walk programme are shown in this leaflet. Feel free to get in touch with us on 01745 857185 or 07785 271807.

WE WELCOME ALL WALKERS

The variety of walking routes, bustling town centre and a welcoming community make Prestatyn and Meliden ideal locations for walkers of all abilities and interests. In 2007 Prestatyn was the first town in Wales to officially receive 'Walkers Are Welcome' accreditation. The Wales Coast Path follows the shoreline and is the start/end of the 176 mile Offa's Dyke Path, linking Prestatyn with Chepstow on the Severn Estuary.

