



Ashington Community Woods



- Volunteering
- Green woodworking
- Health walks
- Events
- Forest school
- Junior rangers
- Education / schools

www.ashingtonwoods.org.uk

Walking for Health

Walking for Health encourages people to become physically active in their local communities. Just like other health walks operating across the country, the Ashington Community Woods Health Walks aren't just for those people who are currently in a health related group, they are also designed to encourage anyone living locally to venture outdoors for about an hour, enjoy a walk around the local area and improve their health. All Health Walks are led by trained volunteers. Ashington Community Woods Health Walk meets every Wednesday 10.00 am at the Age UK Building, The Round House, Lintonville Parkway, Ashington.

Here's what one regular walker thinks - *"On the varied walks that we have done, I have seen the changing of the seasons reflected in the trees and wild flowers. I met so many lovely people to talk to on these walks"*

Why join your local Walking For Health Group

- Almost everyone can do it
- It's a chance to make new friends
- It's FREE and you don't need special equipment
- You can start slowly and build up gently

Walking can...

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

For further information about Ashington Health Walks and walking groups in Northumberland please visit www.activenorthumberland.org.uk www.walkingforhealth.org.uk

If you would like to contact the Health Walks Co-ordinator healthwalks@activenorthumberland.org.uk or 07860 504763



Ashington Community Woods

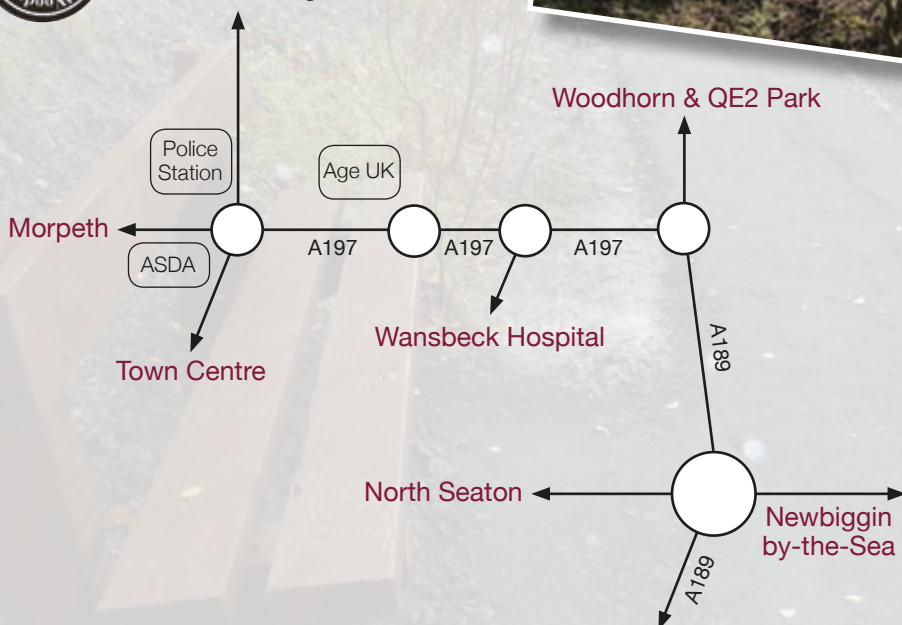
Everyone is Welcome!



Where to find us



Ashington
Community Woods



Ashington Community Woods

Woodland Walks



Walk 1

Distance: 1 mile
Time: 30 mins

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Walk 3

Distance: 2.2 miles
Time: 65 mins

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Walk 4

Distance: 1.4 miles
Time: 40 mins

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Walk 6

Distance: 1.1 miles
Time: 35 mins

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Walk 7

Distance: 2.7 miles
Time: 75 mins

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Woodland Walks



Woodland Management Volunteers

A group of volunteers meet regularly each week at Ashington Community Woods to carry out a wide variety of woodland management projects and tasks like:-

- Path and ride maintenance
- Coppicing
- Thinning and pruning
- Wildlife habitat creation and maintenance
- Hedge laying



Green Woodworking

Friends of Ashington Community Woods (FOACW) in partnership with Groundwork North East and Cumbria host a regular programme of Green Woodwork opportunities, an informal Green Woodwork group meets at the woods on a regular basis and all are welcome. FOACW also host an annual programme of events.



To find out more about volunteering opportunities please call Groundwork North East and Cumbria on 01670 514876 or visit our website

www.ashingtonwoods.org.uk

