



Welcome to the Stalybridge Couch to Out and About Walking and Benches map!



This map has been developed as part of Age Friendly Tameside, in collaboration with local organisations, residents and the Greater Manchester Ambition for Ageing programme.

The map displays seven walking routes around central Stalybridge and Ridge Hill connected by five social talking benches, designed to encourage social interaction.

These social benches have been strategically placed to give walkers peace of mind that they can rest if they need to, whilst chatting to friends or passers-by.

You may choose to start off small and build up over time. The routes for the walks include the town centre, the canal and river, the two parks of Stamford Park and Cheetham Park, and the area around the boating lake and Ridge Hill. You can walk alone, or with a friend(s) or for a more guided and social experience, you may want to join one of the led walks that are run by 3 local organisations; BigLocal, St George's Church and Holy Trinity Church (details of these are listed on this map).



BigLocal Guided Walks (4 Ambleside, Stalybridge, SK15 1EB) - every Tuesday at 10:30am

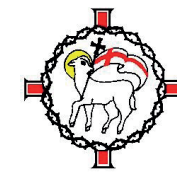
Starting from the BigLocal Hub, this walk heads towards Stalybridge Town Centre, around Cheetham's Park, back into Stalybridge, then towards Stamford Park, the boating lake and the woodland behind, before returning to the BigLocal hub. The full walk is approx. 3 hours, but you can drop on/off as you like.

We aim to encourage people to meet up for walks and talks, and to appreciate the local surroundings and beauty around us, whilst engaging in creative arts such as photography if you wish.

Walks are led by an experienced hill walker and the pace is set by you. We will also be doing several evening walks and for those more adventurous, evening strolls up to Hartshead Pike will also be available.

You can choose to use your own camera or borrow from the guide on the day. If you find technology daunting, BigLocal have IT experts to guide you.

Any questions, please call the Hub (details on the contacts list) or pop into the Hub on Ambleside.



St George's Church Guided Walks, 10 Church Street, Stalybridge, SK15 1BE.

Saturday 18th September 2021 Heritage: St George's Old & New Start: 1.30pm at St George's Church. End: 3pm

Some uphill/downhill and steps - good footwear recommended. Parking on Church Walk. Toilets available at start and end of walk at St George's. Refreshments (covid permitting). To book email or for further activities, events or volunteering opportunities, contact stgeorgestalybridge@gmail.com or phone **07393 420763**.

Saturday 13th November 2021 Theme - Remembrance Start: 1.30pm at Stalybridge War Memorial End: 3pm at St George's Church, Stalybridge

Some uphill/downhill and steps - good footwear recommended. Parking on Church Walk or in Town Centre. Refreshments (covid permitting) and toilets available at St George's. To book please email or for further activities, events or volunteering opportunities, contact stgeorgestalybridge@gmail.com or phone **07393 420763**.

Contacts

Big Local Hub:

Call **0161 465 5447** or visit www.facebook.com/BigLocalHub/
If you don't use the internet, please pop into the Hub and leave your contact details, we can call you to keep you up to date. All your details are kept fully secured on the database.

St Georges Church:

For more details of other events at St Georges Church, visit www.stg.org.uk, email stgeorgestalybridge@gmail.com or find St George's Church, Stalybridge on Facebook.

Holy Trinity Church:

For further information call: **0161 304 9308** or visit: hts.church

More information on older people's public health can be found on www.tameside.gov.uk/publichealth/olderpeople

How you can make use of this map and the walks

There are several suggested walking routes on this map. You can use these as a quick walk from A to B, but these routes have been designed for a more mindful and social experience, appreciating the sounds and sights around you either alone, with a friend or group.

Walking regularly doesn't just make us feel healthier, it has also been proven to reduce stress levels and make us feel happier.

All you need to get started is a pair of comfy shoes and this Map. If you get lost, call into one of the partners offices listed on this map during opening hours or call a local taxi to collect you. Each bench has a number on the back to easily locate someone in this situation to give peace of mind to users of the walks.



Holy Trinity Guided Walks, 19 Corporation Street, Stalybridge, SK15 2JS.

1. Monthly prayer walk:

The last Saturday of the month. Meet at the main doors to Holy Trinity Church, Armentiere Square, Stalybridge. Join us for a gentle walk around Stalybridge centre as we pray for our town and its people. 10.00am - 12noon.

2. Monthly Men's Walk.

Join us for a gentle stroll in the Stalybridge locality. Meet at the main doors of Holy Trinity Church, Armentiere Square, Stalybridge on the last Wednesday of the month. Meet at 11.30am.

All subject to COVID restrictions as appropriate.



Become an Age Friendly Champion

Would you like to become an Age Friendly Champion and help to promote the fantastic activity for this age group across Tameside?

Just contact Lauren Foster on: publichealth.enquiries@tameside.gov.uk

We would like to say a huge thank you to Mike Barlow and the team at The Shed in Dukinfield for making the fantastic Age Friendly benches that you see around Stalybridge for this project.

Another thank you goes to our partners BigLocal Hub, St George's Church and Holy Trinity Church as well as Action Together for your ongoing support for this project and the residents of Stalybridge and beyond. This project would not have happened without any of you.





Couch to Out and About Walking Routes Map Stalybridge

- Cafe
- Toilet
- Wheelchair Accessible Toilet
- New Bench
- Park Loop Walk
- Town Centre Loop
- Boating Lakes Walk
- Ridge Hill Route
- Parks Link Route



Big Local Hub

Boating Lake Figure of 8
approx 1 mile - 20 minutes

Ridge Hill Route
approx 1 mile - 20 minutes

Stamford Park Loop
approx 1 mile - 20 minutes

Complete Stalybridge Loop
approx 4.5 miles - 90 minutes

Town Centre Loop
approx 3/4 mile - 15 minutes

Cheetham Park Loop
approx 1.5 mile - 30 minutes

Park entrance is unsuitable for wheelchair users

Cobbles - unsuitable for wheelchair users

Refreshments and toilets are available before and after led walks



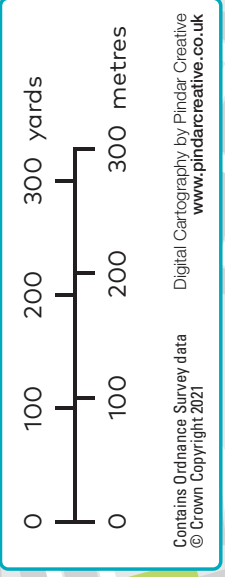
St. George Church



Holy Trinity Church



Bench in Action



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