



# Media Release

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**photo opportunity – see below**

## VALENTINE DAY LAUNCH FOR VALLEY GARDENS' WALK

A new leaflet will be launched on Valentine's Day to raise the profile of walking for a healthy heart and mind. The free leaflet marks out a number of walks in the Valley Gardens and Pinewoods aimed particularly at people with disabilities, senior citizens and the over 50s looking to get back on their feet again after illness or just to enjoy some exercise.

Harrogate Borough Council put the walks together in partnership with a number of groups around the district including the Harrogate & District Access Group (HADAG), the Pinewoods Conservation Group and Age Concern Walk out Well 50 Group who will be leading one of the walks in the leaflet on the day.

Councillor Pat Jones, Cabinet Member for Leisure and Amenity Services, said: "The Valley Gardens is a wonderful place to take some exercise and is very accessible for people of all abilities. So many local groups have put a lot of time and effort into getting this project off the ground and, of course, there could be no better day to launch an initiative promoting health and wellbeing than St Valentine's. What could be nicer than a walk around the Valley Gardens with the one you love, especially if it keeps you fit and well?"

If you are 50+, want to take up walking as part of a group or meet new people, then please come along to the Sun Pavilion in the Valley Gardens at 10am on Monday 14 February 2005 – you will be made very welcome. The walk is accessible and suitable for people of all capabilities, including wheelchair users, and should take no longer than 45 minutes. It will also include a mini-guided tour of the Valley Gardens by a member of the council's Parks & Open Spaces team. Information and advice will be available from the groups at the event along with heart-shaped refreshments.

**PHOTO OPPORTUNITY:** The new leaflet will be launched by Councillor Pat Jones, Cabinet Member for Leisure and Amenity Services on Monday 14 February at 10am at the Sun Pavilion, Valley Gardens. After a few words, the WOW 50 group will lead off the walk.

**Notes to Editors: Walk Out Well 50** is part of the 'Walking to Health' initiative, spearheaded by the Countryside Agency and the British Heart Foundation and headed up by Age Concern (North Yorkshire).

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The Group encourages people to take regular exercise by taking part in local walks with other people, led by trained volunteers. The Harrogate & District Access Group (HADAG) is committed to addressing and helping to overcome difficulties of access faced by the many people in the district. This includes those with hearing or visual impairments, people who use wheelchairs and other mobility aids, the elderly and people with young children in pushchairs. The Pinewoods Conservation Group is a charitable organisation working to protect, preserve and develop the woodlands at the top of the formal Valley Gardens.

**FURTHER INFORMATION:** Councillor Pat Jones is available for comment on 01423 872466. Further technical information is available from Lynne Hallums, Assistant Community Liaison Officer, Department of Leisure and Amenity Services on 01423 556733 or email [lynne.hallums@harrogate.gov.uk](mailto:lynne.hallums@harrogate.gov.uk)