

Stepping Out

Supported
WALKING GROUPS
in the Inner South East

I S E P I C H



Name/Description of Group For whom	Day/Time Location	Level of walking ability: <i>high (fast-pace), medium (moderate-pace), low (slow-pace)</i>	Organisation & Contact details
<p>The Friendly Walkers</p> <p>This group walks around the local parks and streets. Free.</p> <p>Led by: Volunteer Walk Leader & staff</p> <p>Suitable for: <i>A range of local residents and other interested people. Also including young adults with psychiatric disability.</i></p>	<p>Fridays 10am-11am <i>(including morning tea)</i></p> <p>Commence and conclude at the Alma Road Community House, 200 Alma Rd, East St Kilda.</p>	<p>Suitable for low/medium walking ability.</p> <p>Medium to slow pace.</p>	<p>Alma Road Community House – Port Phillip Community Group</p> <p>Contact: Coordinator</p> <p>Telephone: 9525 8746</p>
<p>Stepping Stones</p> <p>Walk around the St Kilda area. Finish with refreshments. Free.</p> <p>Led by: Volunteers</p> <p>For whom: <i>Social group for older people and those with limited mobility or disabilities.</i></p>	<p>Wednesday 2pm-4pm <i>(including afternoon tea).</i></p> <p>Commence and conclude at Christ Church Community Centre, Acland St, St Kilda</p>	<p>Suitable for low walking ability.</p> <p>Walking options from 200m to 2km. Also suitable for very slow walkers and those who use walking sticks or frames</p>	<p>Christ Church Community Centre</p> <p>Contact: Manager</p> <p>Telephone: 9534 9250</p>
<p>Stepping Out St Kilda</p> <p>Walk around the St Kilda area. Finish with refreshments and socializing. Free.</p> <p>Led by: Volunteer</p> <p>Suitable for: <i>People who want to build up a social support group, exercise and keep healthy.</i></p>	<p>Thursday 10.00am- 12.00noon.</p> <p>Starting from Christ Church Community Centre, Acland St, St Kilda.</p>	<p>Suitable for medium/high walking ability.</p> <p>Brisk/medium pace. 1 - 4 kilometres.</p>	<p>Christ Church Community Centre</p> <p>Contact: Manager</p> <p>Telephone: 9534 9250</p>
<p>Monday “Easy Walkers”</p> <p>Walk around local parks and gardens in Stonnington, including the Botanical Gardens. On very hot days we may walk around cooler locations eg shopping centres, or on cold rainy days we may run an exercise program at the centre. Cost \$5.50.</p> <p>Led by: Two staff and one volunteer</p> <p>For whom: <i>People who are socially isolated frail aged, or cognitively impaired. Also provides respite for carers.</i></p>	<p>Monday 2:30pm -4pm <i>(including afternoon tea).</i></p> <p>Transport from the Centre for up to 8 people may be provided (conditions apply).</p>	<p>Suitable for slow walkers and people using Walking aids.</p> <p>Approximately half an hour walk.</p>	<p>John Macrae Centre</p> <p>Contact: Program Director or Deputy Program Director</p> <p>Telephone: 9829 0320</p>
<p>WELL for LIFE Prahran</p> <p>Walk for over 55s at the Horace Petty Housing Estate, Prahran. A chance to meet your neighbours while exercising. Walks can include the beach, the Yarra River, Albert Park, the Botanical Gardens and Fitzroy Gardens. Cost \$2.00.</p> <p>Led by: Walking group leader with student volunteer support person.</p> <p>For whom: <i>Over 55s on Horace Petty Housing Estate.</i></p>	<p>Tuesday mornings at 9:30am outside entrance at 2 Simmons St</p> <p>Return time approximately 12:30pm after gentle walk and social sushi picnic.</p> <p>Transport to and from the walk is provided.</p>	<p>Suitable for all levels of walking ability.</p>	<p>Inner South Community Health Service</p> <p>Contact: WELL for LIFE Project Worker</p> <p>Telephone: 9525 1300</p>

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<p>“Fashionable Footsteps”- Chadstone Shopping Centre Walking Program</p> <p>Walk around Chadstone Shopping Centre. A chance to meet new friends and exercise at your own pace within a safe and sheltered environment. Free.</p> <p>Group has coffee and chat afterwards (at own cost).</p> <p>Led by: Walk Leader</p> <p>Suitable for: <i>All ages. The program is designed to suit anyone wanting to exercise regularly in a fun environment.</i></p>	<p>Tuesday and Thursday, 7.45am-8.45am.</p> <p>Meet the walk leader inside Chadstone Shopping Centre at the entrance to Coles.</p>	<p>Suitable for all levels of walking ability.</p>	<p>Phoenix Park Neighbourhood House</p> <p>Telephone: 9530 4397</p>
<p>Stonnington SRS Walking Group</p> <p>Walk in parks and gardens local to East Malvern around Burke Road area. Free.</p> <p>Led by: Walk Leader</p> <p>For whom: <i>Residents of pension level Supported Residential Services (SRS), Burke Lodge SRS, Balmoral SRS and Hollydale SRS.</i></p>	<p>Tuesday mornings 10.30am to 12 noon</p>	<p>Suitable for low walking ability.</p>	<p>Caulfield Community Health Service</p> <p>Contact: Adult Outreach Team Leader</p> <p>Telephone: 9076 6666</p>
<p>Caulfield South Community House Walking Group</p> <p>Small group who choose different, nearby venues for walking. The Community House will always have details of where they are walking to and from to allow people to join in. Free to House members. Membership costs \$10 per year and also entitles members to participate in other House activities.</p> <p>Led by: Trained Volunteer</p> <p>For whom: <i>Anyone interested in joining a walking group.</i></p>	<p>Tuesday 10am</p> <p>Details of walk locations available from the Community House.</p>	<p>Suitable for medium walking ability.</p> <p>Moderate Pace</p>	<p>Caulfield South Community House</p> <p>Telephone: 9596 8643</p>
<p>Stepping Out Bailey Reserve</p> <p>Walk at Bailey Reserve in a friendly environment and improve your fitness and wellbeing. Community walking in partnership with Heart Foundation. Free.</p> <p>Led by: Trained Walk Leader</p> <p>For whom: <i>Community walking for adults of all ages including those from cultural & linguistically diverse backgrounds, and those who may feel isolated or have some frailty. Geared to promote walking for fun and fitness.</i></p>	<p>Tuesday: time to be confirmed.</p> <p>Commences & concludes at Bailey Reserve, Gardeners Road Bentleigh East (Quinns Road end, Melways 77K1).</p>	<p>Suitable for low to medium walking ability.</p> <p>Warm up and walk plan, with a goal for each walker.</p> <p>Medical approval to walk required.</p> <p>Please contact the Intake Officer to register prior to walk.</p>	<p>Bentleigh Bayside Community Health</p> <p>Contact: Intake Officer</p> <p>Telephone: 9575 5322 or Email: intake@bbch.org.au</p>

About 'Stepping Out'

Walking groups in the Stepping Out program aim to be socially inclusive and involve people with diverse backgrounds and different levels of ability. Participants include people who may face barriers to physical activity through low income, disability (including mental health conditions), isolation or cultural and linguistic diversity. Members of the public are welcome, including people who are interested in supporting the groups as volunteers.

All groups are supported by volunteers and linked to a local community agency. In some cases staff members from the agency and other workers such as personal support workers may lead or accompany walks, depending on the needs of walkers. Several groups offer refreshments and a chance to socialise before or after the walks.

Joining the groups

People can join the groups by applying directly to the relevant agency, or can be referred.

If you have clients you think would benefit from increasing their physical activity in a supportive atmosphere, you are encouraged to refer them to a group.

Please contact the contact person listed for each walk to discuss whether the walk will be suitable, the level of support provided and any further information needed.

Volunteers welcome. Volunteer support is important to the groups – you don't need special skills, just an ability to get along with different people and an interest in walking. Volunteers receive free training, including first aid training, and ongoing support from the agency. If you would like to volunteer as a walk leader or companion, you can contact groups directly or contact the ISEPICH Health Promotion Coordinator for more information – see contact details below.

If you offer a walking group that you think could be included in the Stepping Out program, please contact the ISEPICH Health Promotion Coordinator – see contact details below.

The Stepping Out program is supported the Inner South East Partnership in Community and Health (ISEPICH) an alliance of health and community support agencies in Port Phillip, Stonnington and Glen Eira. For information about ISEPICH please visit our website at www.isepich.org

Contact information:

You can contact individual walking groups through the contact details given in the previous pages.



For general information about the Stepping Out program and the range of groups available, contact the ISEPICH Health Promotion Coordinator on Ph: 9209 6394 or email vkay@portphillip.vic.gov.au

Acknowledgements:

- The Stepping Out walking groups program received support through a grant from the Victorian Government's 'Go for your life' in 2007-08.
- The Stepping Out steering committee established the program in 2007-08. Members included representatives from Bentleigh Bayside Community Health, Caulfield Community Health Service, Caulfield South Community House, Inner South Community Health, Christ Church Mission Inc, John Macrae Centre Inc, Port Phillip Community Group (Alma Road Community House), Access Care Southern and the project worker.