



GWIRFODDOLWYR
CERDDDED
GYDA'N GILYDD
ERS 2001



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

WEEKLY WELLBEING & HEALTH WALKS FOR PRESTATYN & MELIDEN AUTUMN & WINTER 2025-26



SUPPORTED BY
PRESTATYN
TOWN COUNCIL



RAMBLERS
CYMRU

**FREE
WALKS**
OPEN TO ALL

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

Contact us: ☎ 01745 857185 🌐 ynwavolunteers.com



Welcome to the Autumn & Winter 2025 edition of the You'll Never Walk Alone Volunteers walks programme and newsletter, taking us into 2026. 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 2026

Prestatyn & Clwydian Range Walking Festival will be taking place from Friday 15th to Sunday 17th May 2026, its 21st year. Volunteer Walk Leaders are invited to submit walks for the event to Liam Charles, our new Festival Programme Officer: **padfow+walks@gmail.com**

Wales In Bloom Success

We are pleased to announce that Prestatyn and Meliden were awarded Gold Status in the Large Towns category of Wales in Bloom. This means we will be invited to take part in Great Britain in Bloom in 2026. Well done to all involved.

Website Submissions Open

We are always looking for new walk photos for our website. You can submit them via **ynwavolunteers+photos@gmail.com** and suitable submissions will be featured in our gallery, blog and across our social media accounts.

Annual General Meeting 2025

All walkers and leaders past and present are invited to our AGM, which will be taking place in Prestatyn Town Council Chambers on Nant Hall Road, on the 28th November 2025, starting at 9.30am.

Walk Leader Training

Anyone interested in attending a free four-hour volunteer walk leader training session should contact Malcolm on **malc.community@gmail.com** or by phone on **07785 271807**. Participants will be awarded a certificate of attendance following a practice walk around the Coed-Y-Morfa Woodland.

Further updates will be posted on Facebook and our website blog.

BADGE AWARDS SCHEME



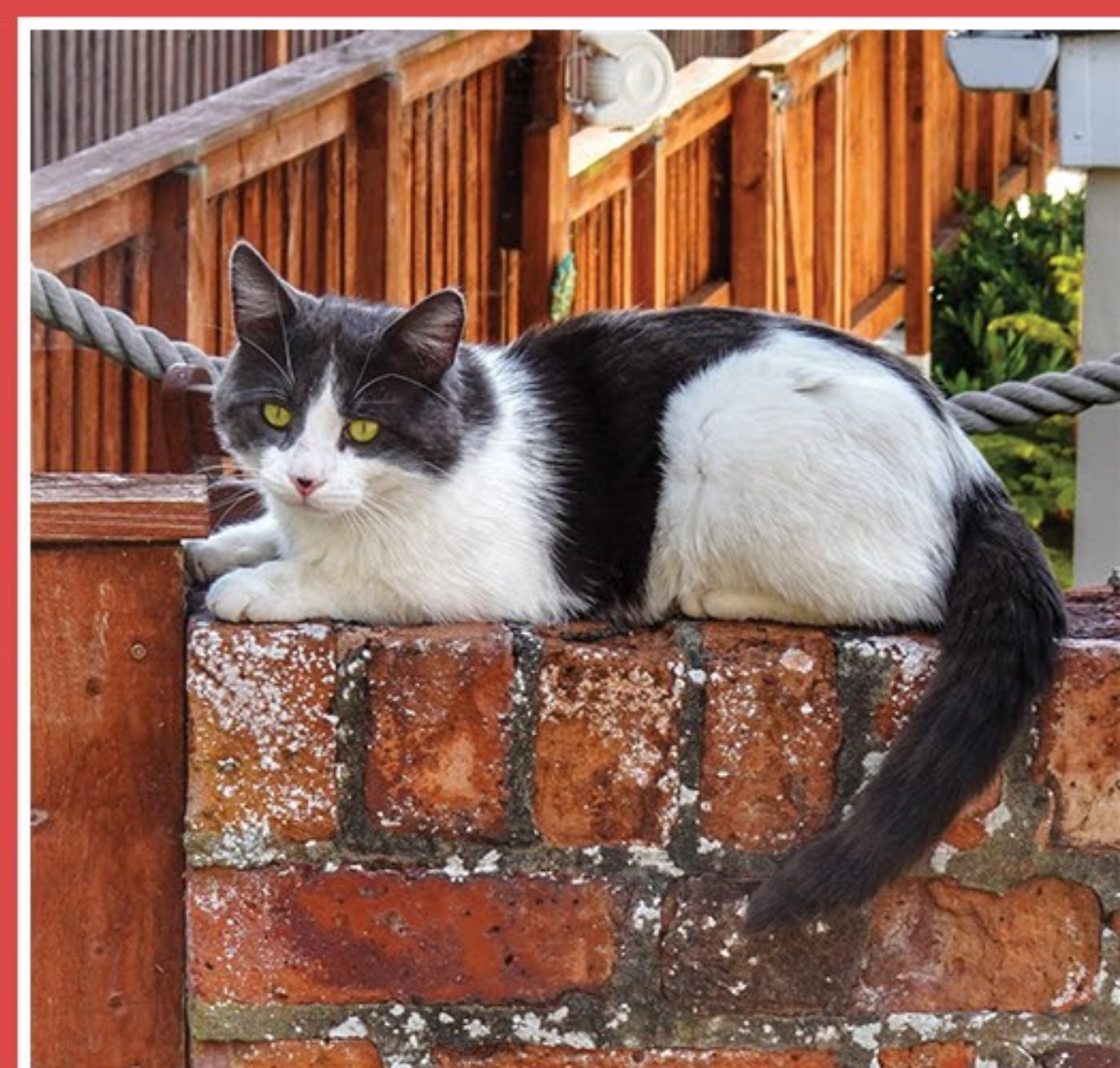
Our awards scheme is a great way of keeping track of your progress whilst earning badges. Simply present your attendance card to your leader at the start of every walk and they will initial and date it. Six high quality metal badges are available.

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 by our walkers and leaders during the summer and autumn. Congratulations to **Shirley Hulson** who earned her Silver badge award (top left). For more photos you can visit our website at ynwavolunteers.com or browse our social media.





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Day, start time and grade of walk		Meeting point for start of walk	Description of walk	Duration and any refreshments
Mon	10am	B 	Brisk paced walk for all.	Yes, location varies.
Mon	1.45pm	A 	Gentle paced social walk along woodland paths. Suitable for beginners.	Yes, location varies.
Tue	10am	B/C	Mixed ability Nordic Walk. Newcomers welcome following one-to-one induction.	Yes, location varies.
Tue	10.30am	B 	Social walk with hills and lovely scenic views.	Yes, location varies.
Thu	2pm	C/D 	Enjoy a more challenging walk with panoramic views and scenery.	Yes, location varies.

Fri	1.15pm	A/B 	Outside Meliden Community Centre LL19 8LA (opposite Miners Arms)	Leisurely and largely flat route along the Prestatyn to Dyserth walkway.	60-90 mins.	Yes, location varies.
Sat	10am	C/D 	Outside Ty Pendre Community Centre (next to Cross Foxes Pub LL19 9SB).	Enjoy a more challenging walk with panoramic views and scenery.	120 mins. approx.	Yes, location varies.
Sat Dec 13th Jan 17th Feb 21st * Mar 14th	10am 	A/B 	North Wales Bowls Centre, Ferguson Ave. LL19 7YA.	Social seaside walk, suitable for all ages. *check website for latest dates	90 mins. approx.	Yes, location varies.

Special Note Please arrive 15 mins before the advertised time. It is the responsibility of walk participants to ensure that they wear suitable footwear and clothing for the prevailing weather conditions and terrain. Walks will not take place on Bank Holidays.

GRADING TABLE FOR WALK PROGRAMME

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.

WALKING THE WAY TO WELLNESS

The 5 C's of Mental Health

By learning the 5 C's and using them, it is possible to achieve significant improvements toward well-being and interacting with others.



Connection

Refers to the relationships we build with others, including family, friends and colleagues. Human beings are inherently social creatures and engaging with others helps alleviate stress, improve mood and foster a sense of purpose.

Coping

Developes healthy coping strategies such as practicing mindfulness, engaging in physical activity and seeking social support. Good coping strategies help reduce the negative impact of stress, improve problem- solving and enhance emotional regulation.

Community

A strong community can provide emotional support, reduce feelings of isolation and promote overall wellbeing. Contributing to your local community can enhance your sense of purpose and belonging.

Care

Encompasses taking steps to maintain and improve mental health. Engage in regular self-care activities, such as exercise, healthy eating, adequate sleep and relaxation techniques.

Compassion

Showing empathy, respect, and intelligent kindness towards others, which builds trust and a more humane care system.

For advice and support relating to any of the above, please speak to your local GP surgery or NHS provider.

The benefits of **NORDIC WALKING**

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**An extract from the NHS Wales Choices website states:
“If exercise were a pill, it would be one of the most
cost effective drugs ever invented.”**

**One of the forms of exercise they recommend is
Nordic Walking, which is one of Europe's fastest
growing forms of outdoor physical activity.**



**We use specially designed lightweight poles that provide
additional support, meaning you get more from the exercise.
When practised correctly it can use up to 90% of your
muscles, increasing strength not only in your legs but
also in your upper body.**

**Why not come and join us? You start with a one-to-one
Induction with either Sue or Kenn. There isn't a cost
for the Induction or walking with us, there is a
small hire fee for the poles.**

**We would recommend that you check with your doctor
before you begin any new form of exercise.**

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

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You'll Never Walk Alone Volunteers is Prestatyn & Meliden's Walking for Health Scheme, established in 2001. We offer a variety of weekly and monthly walks all year round, so there really is something for everyone, whether you are a beginner or a regular walker. These are open to all ages and are free, fun and friendly.

Taking part is easy, and there is no commitment, just turn up at one of the designated meeting points as detailed in our timetable, fill in a registration form and join the walk.

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. Please arrive 15 minutes before the advertised time. Walks will not take place on Bank Holidays.

☎ **01745 857185**
07350 501482

🌐 **ynwavolunteers.com**

***"Walk with us
& feel better!"***

WE WELCOME ALL WALKERS

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. 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.



**TRIBAL
SPACEMAN
DESIGN**