



Mums and Prams Walking Groups

How to set up a walking
group in your
community

Resource Kit



mums & prams walking groups

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Additional Resources:

Brochures :

NSCCAH Women's Health Services, NSW Department of Sport and Recreation, Department of Health and Aging, The Cancer Council, Gosford City Council

Maps :

Gosford City Council, Wyong Shire Council, NSW State Government,

Posters :

NSCCAH Women's Health Service, Department of Health and Aging.



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WHY WALK ?

Walking is a great choice because:

- ❖ Walking is a moderate physical activity with many health benefits. It improves the action of your heart, lungs, muscles, joints and bones.
- ❖ Walking is good for managing stress.
- ❖ Walking is fun and friendly. You can walk with other mums, friends, neighbours, family or workmates.
- ❖ Walking is free, although a good pair of shoes is a great asset.
- ❖ Walking is easy to start. Remember to start off slow and build up gradually.
- ❖ Walking is safe. As long as you take care and walk at a pace suitable for you.
- ❖ Walking can fit in around your daily activities. There are lots of opportunities to add a few minutes of walking into the other activities you do. For example, if driving try parking a little further away from your destination.
- ❖ Walking with your baby can be done close to home.

* Information adapted from resources provided by NSW Sport and Recreation



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WHY A MUMS & PRAMS WALKING GROUP ?

Participating in a Mums and Prams Walking Group has many benefits. It provides:

- ❖ **Motivation** – it's easier to get going when you have other mums to meet and walk with.
- ❖ **Socialising** – talk with other mums while walking.
- ❖ **Safety** - many women feel safer walking with others.
- ❖ **Organisation** – a time is set, making it harder to put off.
- ❖ **Opportunities to meet new people** – get to know other mums from the surrounding area with similar interests to you.
- ❖ **Reduced** – feelings of stress, depression and anxiety.
- ❖ **Enjoyment** - quality time away from the house with your baby!

* Information adapted from resources provided by NSW Sport and Recreation.



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SETTING UP YOUR MUMS & PRAMS WALK GROUP

Steps to consider :

- ❖ Find out who else is interested in walking– start with friends, family, neighbours and other local walking groups. Your local community centres can provide information, support, referral of new members and possibly a venue for meetings (see attachments at the back for contact numbers).
- ❖ Map out the walk. Include your starting point, distance, times and finish point.
- ❖ Publicise the walk well in advance. Your local community centre may be able to assist you with this. Promotion is important and can be done in many ways, be creative!
- ❖ Go for a preliminary walk so that you can identify:
 - Any risks, such as uneven ground, road crossings.
 - The location of toilet facilities, rest spots, seats and shade.
- ❖ Avoid tracks and trails which are slippery, steep or uneven, or in other ways unsuitable for prams.
- ❖ Be aware of the weather. Don't walk if it is extremely hot, avoid the hottest part of the day; 10am-3pm in the summer. If it is wet, be aware of slippery surfaces.
- ❖ Organise a cancellation procedure, e.g. a telephone tree.
- ❖ Make sure everyone knows the details of the walk including starting and finishing time, meeting point and facilities available. You could put together a term calendar.
- ❖ Groups should have an Emergency Procedure in case of an accident. Always carry a basic First Aid Kit. A mobile phone is also recommended. *See Information Sheet 15 for information regarding First Aid training.*

* Information adapted from resources provided by NSW Sport and Recreation



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Information sheet 4

MUMS & PRAMS WALK LEADER CHECKLIST

ON THE DAY OF THE WALK:

- ❖ Check the weather: will the walk go ahead as planned?
- ❖ Ensure you and your children wear appropriate clothing, footwear, hat, sunglasses and sunscreen. Make sure your baby in the pram is protected from the sun.
- ❖ Arrive in plenty of time. Remember your paperwork!

AT THE START OF THE WALK:

- ❖ Introduce yourself, any new members and welcome the walkers.
- ❖ If you are a registered group, ask everyone to sign the Attendance Sheet and ask new walkers to complete a Registration Form and a Pre-Exercise Form.
- ❖ Ask if there are any new injuries or health conditions that you should be aware of.
- ❖ Check you have the First Aid Kit and that everyone knows the Safety and Emergency Procedures.
- ❖ Explain the route and tell the walkers about rest stops, feed breaks, nappy changing breaks or hazards along the way.
- ❖ Conduct a warm up session or ask participants to do their own stretching exercises.
- ❖ Count participants.

ON THE WALK:

- ❖ Watch out for any hazards particularly those that are unexpected, and inform the walkers.
- ❖ Ensure that the pace you set is acceptable to all walkers.

AT THE END OF THE WALK:

- ❖ Count all participants.
- ❖ Conduct a cool down session with stretching exercises, or ask participants to do their own.
- ❖ If you are a Registered Group, collect Registration forms and Attendance Sheets. Write a report of any incidents that occurred whilst walking.

* Information adapted from resources provided by NSW Sport and Recreation

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MUMS & PRAMS WALKER CHECKLIST

ON THE DAY OF THE WALK:

- ❖ Don't walk if you feel unwell, wait until you feel better.
- ❖ Let someone know if you are unable to walk.
- ❖ Ensure you and your children wear appropriate clothing, footwear, hat, sunglasses and sunscreen. Make sure your baby in the pram is protected from the sun.
- ❖ Bring water/healthy snacks for yourself and your children.
- ❖ Arrive in plenty of time to allow for warm up and stretching.

AT THE START OF THE WALK:

- ❖ If the group is registered and you are a new walker, you may need to complete the Registration Form and the Pre-Exercise Form. Sign the Attendance Sheet (if required).
- ❖ Warm up your muscles with stretching exercises.
- ❖ The walk leader will explain the route and Emergency Procedures.

ON THE WALK:

- ❖ Walk at a pace that suits you.
- ❖ Drink plenty of water, particularly in hot weather.
- ❖ Stay with the group, don't stray from the route. Advise the walk leader if you cannot maintain the pace, need to stop, or feed or change your baby.
- ❖ If you feel unwell during the walk, slow down and tell someone.
- ❖ Talk to other walkers and enjoy yourself!

AT THE END OF THE WALK:

- ❖ Stretch and cool down.
- ❖ Tell the leader if you sustained any injuries during the walk.
- ❖ Your feedback about the walk may be useful for the leader.
- ❖ Don't leave until a head count has been done.
- ❖ Take details/contacts for the next walk!

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10 IMPORTANT TIPS *

1. Wear a broad brimmed hat and sunglasses and use a broad spectrum sunscreen SPF 30+ on any exposed skin. Avoid walking in the hottest times of the day and keep to shaded areas.
2. Wear light, loose, comfortable clothing and well cushioned, flat soled shoes.
3. Consider letting someone know where you're going and your expected time of return.
4. Walk steadily, concentrating on a comfortable heel to toe action. On sunny days, and where possible, adjust the handle of your pram so that baby is facing you instead of the sun.
5. Drink water before you start, and carry a supply of drinks and healthy snacks with you. A small backpack is good for carrying water, snacks, sunglasses, sunscreen and other useful items.
6. Listen to your body. If you feel uncomfortable, slow down, and gradually stop if necessary.
7. Even in cold weather, wear a hat. Hats help prevent heat loss for adults, children and babies.
8. Avoid walking immediately after meals and don't walk if you are unwell.
9. If you're walking in poor light, wear light coloured clothing so others can easily see you.
10. New walkers may experience some strain. This will decrease as your body adapts. Stretching before and after exercise is helpful.

* Information adapted from resources provided by NSW Sport and Recreation



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STRETCHING FOR MUMS WITH PRAMS

Calf stretch

1. Position your body in front of your pram with outstretched arms holding the handle and your left foot behind your right foot.
2. Point your toes directly towards the pram and hold your heels down.
3. Lean into your pram so that you feel a stretch in the back of your lower leg.
4. Hold for 20 seconds and repeat 3 times.
5. Repeat this with your right foot behind your left foot.

Side Stretch:

1. With your right arm raised above your head, lean to the right until you feel a stretch.
2. Hold for 20 seconds.
3. Repeat 3 times.
4. Repeat with the left side.

Quadriceps stretch

1. Stand sideways behind your pram, holding the handle with one hand. Bend your outside knee and hold your outside ankle.
2. Bend the knee upwards so you feel a stretch along the front of your upper leg (leg being held).
3. As you bend the knee, make sure the thigh stays in line with your body (not pointing forward) and that the knee is close to your other knee.
4. Hold for 20 seconds.
5. Repeat 3 times.
6. Turn and repeat with your other knee and ankle.

Hamstrings:

1. Prop your right leg on a nearby bench and hold it straight.
2. Bend forward at the hip, keeping the knee and back straight so that the stretch is felt.
3. Hold for 20 seconds.
4. Repeat 3 times.
5. Repeat with the left leg.

You should feel a good muscle stretch – NOT pain.



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REGISTERING YOUR WALKING GROUP *

Many walking groups are attached to Community groups and Centres, others walk informally together at a set time and place. Other groups may decide to become registered. The NSW Department of Sport and Recreation and the National Heart Foundation encourage walkers to form walking clubs and organise regular walks in a range of locations. Walkers are covered for insurance if the walking group is registered through the appropriate procedures with either of these organisations.

Registering your walking group:

1. Decide which Organisation best suits your walking group, you can register with either :
 - NSW Department of Sport and Recreation – Ph: 13 13 02
 - National Heart Foundation – Ph: 02 9219 2444

Contact these organisations to obtain a registration and information kit.

2. Register the group by completing the Club Registration Forms.
3. Each walker needs to complete a Walkers' Registration Form.
4. Both Club and Registration Forms for your group need to be forwarded to the organisation.

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WALKER ETIQUETTE*

POINTS TO REMEMBER WHEN WALKING

- ❖ **Keep to the left:** Walk on the left side of a shared path whenever possible. Try not to take up the whole path.
- ❖ **Keep an eye open:** When using shared paths. Be aware of people on bicycles, skateboards and roller blades. As 2 prams side by side can take the whole path, be prepared to form a single line so that other's can pass.
- ❖ **Keep your child close by:** Small children need to be watched. On shared paths keep your children close by and prevent them wandering into the path of others.
- ❖ **Listen for cyclists:** Cyclists should ring their bell or politely warn you that they are approaching. Move to the side of the path and let cyclists pass.
- ❖ **Exercise Care, Courtesy and Commonsense:** Shared paths are for everyone's enjoyment. By applying the 3 Cs, everyone can use them with safety.

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CENTRAL COAST MUMS & PRAMS WALK GROUPS

MUMS AND PRAMS GROUPS	DETAILS	CONTACT	ORGANISATION FOR INFORMATION	GROUP TYPE
Bluehaven / San Remo	Dolphin Cottage Mum's & Prams Walking Group Tuesday mornings 9.00am	4399 0167 Dolphin Cottage	Bluehaven Schools as Community Centres (SACCS)	Mums and Prams
Lake Munmorah	Northern Lakes Family Centre Walkers Wednesday mornings 10 am	4358 3487	North Lakes Family Centre	Mums and Prams
Niagara Park	Niagara Park Walkers & Talkers Mondays & Fridays 8.30am daylight saving 9.30 EST	4329 7144 (9219 2444 NHF)	Niagara Park community Centre & National Heart Foundation "Just Walk It"	General / open <i>Looking for interested mums & bubs</i>
Umina	People & Prams Walking group Monday mornings 9.00am	4343 1929	Beachside Family Centre (SACCS)	Parents & Prams
Springfield/ Erina	Springfield/Erina Mums Walking Group Chertsey Public School	4323 7158	Our Place - Chertsey Schools as Community Centres (SACCS)	Mums and Prams <i>Looking for interested mums & bubs</i>
Toukley	Mums & Bubs Walking Group Friday mornings 9.30am	4396 1555	Toukley Neighbourhood Centre	Mums and Prams
Warnervale	Warnervale Family Centre Walkers Mondays 9.30am	4392 8734	Warnervale Family Community Centre	Mums and Prams

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GENERAL WALKING GROUPS ON THE CENTRAL COAST

<p><u>Bateau Bay</u> NSW Sport and Recreation Ph: (02) 4362 3184 Walks: Various days and times Group type: Open</p>	<p><u>Kincumber</u> Neighbourhood Centre Ph: (02) 4363 1044 Walks: To be arranged Group type: General</p>	<p><u>Terrigal</u> Trekks (Terrigal Senior Citizens) Ph: (02) 4365 4657 Walks: Tuesday, Wednesday & Thursday mornings Group Type: Members</p>
<p><u>Berkeley Vale</u> Neighbourhood Centre & NSW Sport and Recreation Ph: (02) 4388 5801 Walks: Tuesday mornings 9am Group type: Open</p>	<p><u>Niagara Park</u> Walkers and Talkers Niagara Pk Community Centre Ph. 4329 7144 Ph: (02) 9219 2444 (NHF) Walks: Mondays & Fridays 9.30 Group type: General</p>	<p><u>The Entrance</u> The Entrance Neighbourhood Cnt Ph: (02) 4332 3585 (02) 4332 4545 Walks: Thursday mornings Group type: General</p>
<p><u>Central Coast</u> Bush Walking for Pleasure NSW Sport and Recreation Ph: (02) 4362 3184 Walks: Various days and times Group type: Open</p>	<p><u>Peninsula</u> Women's Health Centre Ph: (02) 4342 5905 Walks: Friday mornings 8.30am Group type: Women</p>	<p><u>Tuggerah Lakes</u> Memorial Club Happy Wanderers National Heart Foundation Ph: (02) 4384 8865 Walks: Thursday 8am EST Group type: General</p>
<p><u>Ettalong</u> Memorial Club Walkers National Heart Foundation Ph: (02) 4341 3370 Walks: Wed mornings 9am Group type: General/ Open</p>	<p><u>San Remo</u> Neighbourhood Centre Ph: 4390 7888 Walks: TBA Group Type: General / Open</p>	<p><u>Woy Woy</u> NSW Sport and Recreation Ph: (02) 4362 3184 Walks: Various days and times Group type: Open</p>
<p><u>Gosford</u> NSW Sport and Recreation Ph: (02) 4362 3184 Walks: Various days and times Group type: Open</p>	<p><u>San Remo</u> NSW Sport and Recreation Ph: (02) 4362 3184 Walks: Various days and times Group type: Open</p>	<p><u>Various</u> CC Walking School Bus Central Coast Community Environment Network Ph:(02) 4349 4491</p>

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USEFUL CENTRAL COAST CONTACTS

Tourist Information Centres: *for maps, guides and information about your local area*

GOSFORD – 200 Mann Street

Central phone no:

TERRIGAL – Terrigal Drive

4385 4430

THE ENTRANCE – Marine Parade

WOY WOY – The Boulevarde

Neighbourhood Centres: *for information, resources and support*

Banksia Family Centre – Bateau Bay

4334 3390

Neighbourhood Centre – Bateau Bay

4332 7450

Berkeley Vale Centre – Berkeley Vale

4388 5801

Green Point Community Centre – Green Point

4367 7591

Kariong Neighbourhood Centre – Kariong

4340 1724

Kincumber Neighbourhood Centre – Kincumber

4363 1044

Niagara Park Community Centre – Niagara Park

4329 7144

Northern Lakes Family Centre – Lake Munmorah

4358 3487

Peninsula Community Centre – Woy Woy

4341 9333

San Remo Neighbourhood Centre – San Remo

4390 7888

The Entrance Neighbourhood Centre – The Entrance

4332 4545

Toukley Neighbourhood Centre – Toukley

4396 1555

Warnervale Family Community Centre – Hamlyn Tce

4392 8734

Watanobbi Community Centre – Watanobbi

4352 2860

Wyoming Community Centre – Wyoming

4323 7483

Wyong Neighbourhood Centre – Wyong

4353 1750

Schools as Community Centres (SaCS): *for information on existing groups and support for families with children aged 0-8 years.*

Blue Haven Public School SaCC – Dolphin Cottage

4399 0167

Chertsey Public School SaCC – “Our Place”

4323 7158

Northlakes Public School SaCC – Jabiru (San Remo)

4390 9718

Umina Public School SaCC – Beachside Family Centre

4344 1929

Wyong Public School SaCC – Wyong SACCS

4352 3637

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GENERAL CONTACTS

Gosford City Council

Ph: (02) 4325 8222

Online: <http://www.gosford.nsw.gov.au>

Wyong Shire Council

Ph: (02) 4350 5555

Online: <http://www.wyong.nsw.gov.au>

Confederation of Bush walking Clubs (NSW)

Ph: (02) 9228 6360

Online: <http://www.bushwalking.org.au>

Department of Environment
and Conservation (NSW)

Ph: (02) 9585 6333

Online: <http://www.nationalparks.nsw.gov.au>

Land Information Centre – Map Sales

Ph: (02) 9585 6333

Online: <http://www.lic.gov.au>

National Heart Foundation “Just Walk it”

Ph: (02) 9219 2444

Online: <http://www.heartfoundation.com.au>

National Parks Association of NSW Inc

Ph: (02) 9299 0000

Online: <http://www.npansw.org.au>

NSW Health

Ph: (02) 9391 9540

Online: <http://www.health.nsw.gov.au>

NSW Sport and Recreation “Walking for Pleasure”

Ph: 13 13 02

Online: <http://www.dsr.nsw.gov.au>

Pedestrian Council of Australia

Ph: (02) 9968 4544

Online:

<http://www.ozemail.com.au/~walking/obj.html>

Check out this website: <http://walking.about.com>

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HEALTH AND SUPPORT SERVICES

Women's Health Centres – for information on Women's Health and Community services

NSCCH Women's Health Service – Gosford	4320 3741
CC Community Women's Health Centre – Wyoming	4324 2533
Peninsula Women's Health Centre – Woy Woy	4342 5905
Northern Women's Health Centre – Wyong	4351 1152

Child and Family Health Services – for parents and carers with children 0-13 years

Gosford	4328 7900
Woy Woy	4344 8432
Kincumber	4369 2355
Erina	4367 9600
Long Jetty	4336 7800
Lake Haven	4393 7777
Wyong Central	4356 9300

UnitingCare Burnside – for expectant parents, parents and carers with children aged 0-2

New Steps Home Visiting – Gosford/Wyong	4324 3566
Other services by UnitingCare Burnside:	
Supported Playgroups	4352 3222
Parenting Groups Program	4352 3222
Habitat (Family homelessness prevention program)	4352 3222

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CPR TRAINING ORGANISATIONS

Australian Red Cross
Ph: 1300 367 428

Surf Lifesaving NSW
Ph: (02) 9984 7188

Health Services International
Ph: (02) 4362 2771

Survival First Response
Ph: (02) 4758 8944

Paramedical Services
Ph: (02) 9824 0311

TAFE NSW
Ph: Local TAFE college

Parasol EMT
Ph: 1300 366 818

**The Royal Life Saving
Society of Australia**
(NSW Branch)

St. Johns Ambulance Australia
Ph: 1800 451 331

Ph: (02) 9879 4699

We Teach First Aid
Ph: (02) 4822 4495

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