

Health walks..

A small number of health walks are already taking place around Trafford, including the extremely popular walk lead around Longford Park by the Friends group on the last Sunday of every month and the weekly women's walk around Hullard and Seymour Parks in Old Trafford.

Health walks are mostly aimed at people who are inactive, the walks are particularly good at getting older people or those recovering from illnesses or operations back on their feet and have the added bonus of being a sociable activity where they can make new friends.

Walking is good for everyone, it has countless health benefits and is free, easy and no special equipment is required. The walks take under an hour and are intended to help people reach the recommended target of 30 minutes of moderate exercise at least 5 times per week.

In order to make more walks available across the borough training is being offered for Trafford residents and workers who want to lead health walks. The Council's Sports Development and Parks Development Teams are now trained to lead health walks and will be setting up regular walks in parks around the borough over summer, it is hoped that volunteer walk leaders will then take over the organising of the walks. For more information or if you wish to become a health walk leader contact Jo - 9125596 or Louisa - 9123140.

Sensational Scruffs Dog Show Returns..



On Saturday May 27th Victoria Park was bursting with activity as the second annual dog show got under way. Wet and windy weather didn't stop devoted dog owners turning up for the show and competing in agility events putting dogs and owners through the paces of hurdles, hoops, weaving sticks and tunnels. Then in the fun events four legged friends entered waggiest tail, biggest smile, best trick and a winner's cup was presented to the Scruffs champion.



Leo the lion attended and met the Scruffs mascot called 'Hedges' and they both spread the message of responsible dog ownership. The Police dog handlers also came and gave a fantastic demonstration that wowed the crowds. One person attending said it was a 'Fantastic idea, we don't know who had more fun, us or the dogs'.

Victoria Park bird zone takes root..

Friends of Victoria Park have received just over £2200 from Greening Greater Manchester to create an educational bird feeding area in Victoria Park. The first phase of this project was a tree planting organised with students from St. Ann's Roman Catholic Infant School. The eight students were from the schools gardening club and were keen horticulturalists and got straight to green fingered grips with planting mountain ash, wild service, blackthorn and hawthorn trees. Some of the trees were very kindly donated by Dave Rome free of charge, the remainder came from Partington tree nursery.



The children thoroughly enjoyed the day and planted well over thirty trees and even took some away to plant within their school garden. Thank you to Becky Green & Neil Mather for their assistance with the tree planting and to Rob Reid and Andrew McKenzie for advice and assistance on the day. Further stages of this project will see children take part in bird box making workshops in the park. A new footpath has been put in to link up a wheelchair friendly picnic table and new tactile interpretation panels as well as the addition of owl boxes a bird bath, birdfeeders and tables. There will be bird life inspiration days held in the park with children and visually impaired visitors to mark the launch of this exciting new facility.

Mind Bending Lateral Puzzles

Answers from page 16

- Answer 1 - she weighs fruit and veg
- Answer 2 - None, they were babies when they were born
- Answer 3 - Four. No matter how many times you multiply 2x2, it will always = 4.
- Answer 4 - a double 'r'
- Answer 5 - A pair of roller skates.
- Answer 6 - The band - they played the national anthems for both teams.