



Jenny Budd:

Jenny Budd is the Health Walks Coordinator for Lewisham in south east London. Through her work she gets hundreds of people to get walking to better their personal health. She claims she has a wonderful job.

Notes from the podcast interview by Andrew Stuck: Interviewed June 2008 and published October, 2008 on <http://talkingwalking.net>

Jenny works for the Lewisham Primary Care Trust <http://www.lewishampct.nhs.uk/> Lewisham Healthy Walks operates within the guidelines of the Walking the Way to Health Initiative – this national scheme has spawned hundreds of health walks – you may find one local to you from here: <http://www.whi.org.uk/>

The National Step-o-meter programme:

<http://www.whi.org.uk/details.asp?key=2032|0|2EC7485896907|p|748|0&parentkey=2032|0|2EC7485896907|p|748|0>

Government's White Paper 2004 Choosing Health:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4094550

Lewisham Step Challenge: <http://www.healthfirst.nhs.uk/news/stepometer.htm>

Due to lack of funding the Lewisham Walking Festival did not run in 2008 but there are hopes for future festivals:

<http://www.lwf.org.uk/festival.html>

SLaM: South London & Maudsley Mental Health Trust: <http://www.slam.nhs.uk/>

The Green Chain: <http://www.walklondon.org.uk/route.asp?R=2> or <http://www.greenchain.com>

Jenny's recommended walks:

Waterlink Way: <http://www.ramblers.org.uk/info/paths/londonsouth.html#Waterlink>

Thames Path: <http://www.nationaltrail.co.uk/Thamespath/>

http://www.walklondondistribution.org.uk/acatalog/The_Thames_Path.html

If you wish to find out more about **Health Walks in Lewisham**, please contact Jenny at jenny.budd@lewishampct.nhs.uk