

A Gentle Stroll

Steve Thompson writes:

ME/CFS has forced me to change my lifestyle radically. Walking used to be my favourite pastime. Even as a child I remember always wanting to get out and explore the area, ever going further and breaking through new boundaries, discovering new things. Until this deterioration of my health I was often to be seen on the moorlands, in the woodlands and countryside, either walking or cycling.

Along with my loss of physical energy came a loss in confidence too. I have had to re-learn what my boundaries are, what I am capable of and what I am not capable of. It is so easy to give up altogether. However, when I have been feeling up to the challenge I have found a way of going for a walk which avoids too many uphill gradients and which I can take at a gentle pace.

I get a bus into town and then a tram to Arbourthorne Road tram stop. This is where my walk begins. From there over Jervis Lum bridge to Norfolk Park café. Then along the main pathway where the avenue of trees leads to Granville Road. There is a triangle of woodland surrounded by a wall on the opposite side of the road. At the other side of that is the entrance to Clay Wood. Through Clay Wood to the Cholera Grounds where the Cholera Monument is. And then drop down to the Sheffield Station tram stop for my tram back.

If you decide to go on this or any other walk I suggest you get a map of Sheffield. The last thing that anyone with ME/CFS can afford to do is take a wrong turning and have to back track.

Public transport allows you to plan a walk like the one I have described where you get on at one stop and return from another. In this way you can plan a walk in which you do not have any hills to climb.

If you know of any ME/CFS-friendly walks which use the buses and trams in this kind of way it would be good if you could share them through this newsletter.



Sheffield M.E. Group
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