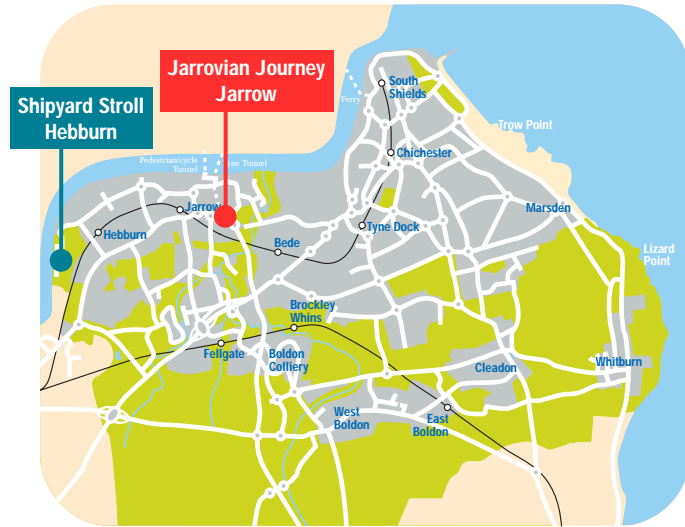


Where to find the Hebburn and Jarrow urban health walks



Key to map symbols

-  Access Barrier
-  Bus stop
-  Car parking
-  Cross slope
-  Hazard
-  Information
-  Metro station
-  Public house
-  Public telephone
-  Seat
-  Shops
-  Slope up/down
-  Steps up/down
-  Stile
-  Toilets

Walk your way to better health

Half an hour of brisk walking on most days can:

Improve - weight control, stamina, confidence, community spirit, life expectancy, posture, energy and self-esteem.

Reduce - heart disease, stroke, diabetes, high blood pressure, bowel cancer, arthritis, anxiety and osteoporosis.

Furthermore, almost everyone can do it, you don't need any special equipment, it's easy and it's free! So why not take the first steps along the urban history walks, but remember not to overdo it.

Start slowly and build up gradually. Aim to walk for half an hour on most days, at a pace that makes you breathe a little faster, feel a little warmer and have a slightly faster heart beat. Walking doesn't have to be 'hard' - you should be able to carry out a conversation quite easily as you go, so why not go with a friend or your family?

The potential benefits of walking are far greater than any risks but if you haven't been active for some time, or are concerned about your health, check with your doctor before you begin.

Getting to the Health Walks

The Urban History Walks all start at Metro Stations where frequent bus services connect, making access to the walks easy. Contact North East Travel Line on 0870 608 2608 for more information or obtain a bus timetable from Nexus Travel Shops.

Getting around the Health Walks

The walks have been designed with everyone in mind, including people with pushchairs and wheelchair users. Each route has been fully surveyed to identify surface types, slopes and location of steps - all of which are indicated on the maps to help you decide if you can negotiate a particular walk before ever leaving home. Finding your way round is easy, as the Urban Walks use street names as a guide. At certain points, you will find markers fitted to lampposts and signposts to keep you on track.

Walking Works Wonders in South Tyneside

These Urban History Walks - in South Shields and in Jarrow and Hebburn - build on the success of the Monkton, Temple Park and Coastal Health Walks. As even more health walks are created around the Borough, each will be waymarked to a very high standard and have a self-guided booklet. The walks are being developed in partnership with the community - so why not take the first step towards a healthier lifestyle and walk your way to better health?

The project is also developing a network of volunteer walk leaders, to lead health walks throughout the year along the newly-established routes. If you are interested in becoming a volunteer walk leader, contact Ruth Nolan on (0191) 456 6903.

The project is a partnership between South Tyneside Council, South of Tyne and Wearside Mental Health Trust, South Tyneside Primary Care Trust, Age Concern, Health Action Zone and Groundwork South Tyneside.

Walk 1 - Hebburn Shipyard Stroll

Distance: 5km (3 miles)



Introduction

First records of a settlement at Hebburn mention fishermen's huts, which were burnt by the Vikings in the 8th century. Since that time the area has seen huge change due to industry. The first large-scale non-agricultural industry was coalmining, which



HEBBURN IN 1862
© Ordnance Survey Licence LA076341. 2003.

arrived in the 1700s, and by the second half of the 19th century, shipbuilding and other industries had swelled the population with incoming immigrant workforces, initially from Scotland and Ireland.

ROUTE

The walk starts and finishes at Hebburn Metro Station.

From the start, walk along Station Road towards Hebburn Shopping Centre. On your left is

Fountain Square Park which was

opened in 1989 on the site of the old Newtown Junior and Infants Schools.

Cross over Victoria Road at the lights onto Hall Road and carry straight on until the junction with Canning Street.

Ahead of you is **St. John's Church** which was converted from part of Ellison Hall and is said to include the remains of a 14th century Pele Tower. The church was consecrated in 1887 by the Lord Bishop of Durham and is one of several churches built in Hebburn in the 19th century.

Turn left along Canning Street, crossing over the road and through the entrance into the park.



ST. JOHN'S CHURCH
© South Shields Libraries and Museums

Carr Ellison Park was created in 1920 when Colonel Ralph Henry Carr-Ellison presented 25 acres of land surrounding Ellison Hall to be used as a public park.



HEBBURN PARK
© Paul Perry Collection

1658. Ellison Hall as it is today was rebuilt in 1790 as a spacious mansion with over 80 rooms. The Ellison family left the Hall in the mid 19th century and it was leased as residence until 1897, when the east wing was converted into Ellison Hall Accident Infirmary. The infirmary closed in 1976 and the Hall was leased to the Freemasons as a private social club. Since then the Hall has been converted into apartments.

Continue through the park, passing the back of the Hall. At the second war memorial take the path to the right towards the park gates and onto St. John's Avenue. Cross the road and enter Hebburn cemetery through a small gate.



THE CARR-ELLISON FAMILY
© Paul Perry Collection

Follow the path through the park with the Hall to your right, passing on your left a memorial erected to the memory of Hebburn men killed in the Boer War.

The Ellison family purchased the Hebburn estate in

Hebburn cemetery was reputedly once known as 'Thompson's Garden' probably after a Mr Thompson who was Superintendent for the park and cemetery. The HMS Kelly memorial is here, perpetuating the memory of the crew of Lord Mountbatten's gallant World War II warship.

There are many optional paths through the cemetery. Head towards the cemetery church then down the main drive onto

Victoria Road West. Turn left at the gates, crossing over Victoria Road at the traffic island and taking the next right turn down South Drive. This part of Hebburn was once dominated by **Reyrolles**.

In 1901 Frenchman Alphonse Reyrolles set up his first factory in

Hebburn, employing 58 staff in the making of electrical switchgear. The company was to grow and prosper and in the 1960s Reyrolles covered an area of 160 acres.

Continue down this road until you reach the metro line. You now need to cross the metro line using the stiles at either side. **Caution: Take great care crossing the Metro line. Check both directions for oncoming trains.**

Carry on down the hill, past the allotments on your right, towards the river Tyne. At the carved mushroom marker at the bottom of the hill, turn right along the path through the Riverside Park towards Hebburn Marina.



HEBBURN CEMETERY
© Track Photographics

The **Riverside Park and Marina** area was reclaimed from 75 acres of derelict land once dominated by industry. Development began in the 1970s to transform the riverside into an attractive leisure area with a surprising variety of wildlife. From here you can walk or cycle along the banks of the Tyne to Bill Quay and beyond.



CROWD ON BALLAST HILL IN 1906, WATCHING THE LAUNCH OF S.S. MAURETANIA
© Paul Perry Collection

Continue along Prince Consort Road past the marina, following the road uphill.

For a shorter route continue straight up along Prince Consort Road until you return to Hebburn metro station.

For a slightly longer route take a left turn through Prince Consort Road

Industrial Estate, following the signs for the Pedestrian Tyne Tunnel. This route takes you back down to the river past a new housing area on the site of the old Ballast Hill, once a popular viewing point to watch ships being launched on the Tyne.

The **old Hebburn ferry, 'Fairy Queen'**, operated from the bottom of Ellison Street providing transportation across the river to Wallsend and Walker. The ferryboat was also used as a pleasure boat taking trips up the Tyne.

Turn right up Ellison Street until you reach **St Andrew's Church**.

This area was once dominated by the shipbuilding industry, which began in Hebburn in 1853 with the arrival of **Andrew Leslie** from Aberdeen. Leslie built houses for the many workers who followed him and the area became known as 'Little Aberdeen'. Leslie also largely financed the building of St Andrew's Church in 1873.



THE DESTROYER HMS KELLY

One of the ships built at the Hawthorn Leslie yard was the destroyer **HMS Kelly** which was launched in 1938. The Kelly needed major repair work at the yard after being torpedoed off the coast of Norway in May 1940 during the Second World War. She rejoined the war, only to be sunk in May 1941 during the invasion of Crete. Over half the ship's company were lost and are fondly remembered by the people of Hebburn.

At the top of Ellison Street, cross over and turn right along Lyon Street, towards Hebburn town centre, until you reach Prince

Consort Road. Turn left here.

On your left you will pass **St Aloysius RC Church** which was built in 1888.

Continue up the hill back to Hebburn metro station.



DETAIL OF THE FINE STONE CARVING THAT DECORATES ST. ANDREW'S CHURCH
© Linda Kay