

## Walk Programme March to May 2017

Tuesday Walks at 1:00 for a 1:15 start unless another time is given

March 7 Sunnydale park and nature reserve **S GC T30**

14 Arboretum Park **S**

21 Somercotes and Riddings **M/L GC T120**

28 Bass Rec Circular **S**

April 4 Mickelover meadows **M GC T40**

11 Sandiacre to long Eaton **M GC T60**

18 Sinfin moor **S GC T60**

25 Great Northern Greenway **M GC T30**

May 7 Sandiacre to Long Eaton **M GC T45GC**

14 Shelton Lock to Sinfin **M/L GC T30**

21 City Centre to Park Farm **L GC T30**

28 Chaddesden Wood **S GC T30**

Enjoying Derby Social Sat May 13th 10:00 meet Derby bus station. Nottingham Gallery of Justice £7.95 Not suitable for wheelchair/ mobility scooters. Consult walk leader for details.

**Walkers' Workshop**  
**Wed 5<sup>th</sup> April from 2-3**  
**at Deda**  
Plan your next walk  
programme  
Give us your feedback  
Drinks are on us!

Thursday Walks at 1:00 for a 1:15 start unless another time is given

March 1 Trent embankment Notts **M GC T 1hrs 30**

9 Darley fields to Darley park **L**

16 Burton washlands **M GC T120**

23 Allestree park **M CG T30**

30 Pride Park **FREE** walk and Trampoline session Please book with kat on a walk or contact Sinead Dalton at Derbyshire Mind 07747478583 or 01332 345966, £2.00 needed for socks, 50 yrs Derbyshire mind celebration!

April 6 Elvaston Castle **L GC T40**

13 Shipley park to Bluebell wood **L GC T120**

20 Belper Town and nature reserve **M GC T60**

27 Tissington to Ashbourne Town **L 11.45 start GC T120**

May 2 City centre to Markeaton park **L GC T30**

09 Willington Marina **12:00 Start L GC T40**

16 Matlock bath Park to Park **12:00 Start L GC T120**

23 Black rock (Easy route) to Cromford **12:00 Start L CG T120**

30 Calk Abbey **12:00 start L CG T 2:00**

**Key GC** = we are going on public transport; bring your Gold Card/Bus Pass if you have one.

**S** = short walk, under 1 mile – will take about one hour

**M** = medium walk under 2 miles, will take about two hours

**L** = long walk up to 3 miles will take about three hours

**XL** = extra-long walk over 5 miles will take about 4 hours

**T** = Travel time on the bus in minutes **TBA** = to be arranged

While we aim to deliver the walks as advertised we may change the venue of walks For all walks meet at the Assembly Rooms on the Market Place, Derby City Centre. To join us just turn up on the day.

Enjoying Derby is a walking programme which aims to improve your health. Walking is very good for physical health but the benefits on your mental health are just as good. Walking can improve your mood, self-esteem, social contact, confidence and give you a sense of well-being, as well as helping to lose or maintain weight. Walking with others can increase social interaction and understanding between people with mental health problems and the wider community. It can also help you cope better with stress.

### Why should I walk?

Walking is the perfect exercise. Did you know that walking one mile burns as many calories as running one mile? Walking is gentle on the joints but at least 30 minutes brisk walking gives the heart and lungs a workout.

### When are the walks?

City centre walks are every Tuesday and Thursday, meet at 1:00 outside the Assembly Rooms on the Market Place unless another time is given.

### How can I join a walk? Do I need to fill in any forms?

You can just turn up on the day. You will need to fill in a health questionnaire on your first visit or if your health changes. You can get this form from the walk leader or if you would rather do it at home, ring or email and we will send you one which you can complete and bring in. You will also be asked to take part in evaluating the programme.

### Paying for the walks

Walks cost £3 each. Your first walk is free. You can buy tickets from the Tourist Information Office or Derby Museum shop on the Strand. A ticket can be used for any walk. Every time you buy a ticket you are supporting the Enjoying Derby programme which runs for 52 weeks every year.

### Volunteering for Enjoying Derby

We have a team of assistant walk leaders who help us design, plan, risk assess and deliver our walks. If you would like to get involved, please contact us.

### How can I get more information?

Please contact Christopher Bentley Enjoying Derby Administrator on 01332 345966 extension 2 or Email [chris.bentley@derbyshiremind.org.uk](mailto:chris.bentley@derbyshiremind.org.uk) or write to him at: Enjoying Derby, Derbyshire Mind, Eurocom House, Ashbourne Road, Mackworth, Derby DE22 4NB

To find out more about the services provided by Derbyshire Mind visit our website [www.derbyshiremind.org.uk](http://www.derbyshiremind.org.uk)

Or follow this link to our Facebook page

<http://www.facebook.com/pages/Derbyshire-Mind/146597958767139?sk=wall>

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