

Welcome to our new walk programme

We have undergone some changes here at Enjoying Derby HQ. We want to continue to deliver safe, enjoyable and reliable walks and to do this we have had to make a few changes and are trialling a new system, 1 walk a month which will be free, no need for a ticket. We hope that the walks will become part of a wider range of activities which will be advertising in the coming months to complement the walk programme.

No Ticket Required

For all walks meet at the Assembly Rooms on the Market Place, Derby City Centre. To join us just turn up on the day.

Walk Programme March to July 2018

- Tuesday 6th March 2018 **1.00pm for a 1.15 start**
Great Northern Greenway **M GC T20**
- Tuesday 27th March 2018 **1.00pm for a 1.15 start**
Elvaston Castle **M / L GC T30**
- Thursday 25th April 2018 **1.00pm for a 1.15 start**
Shiopley park **L GC T45**
- Thursday 24th May 2018 **1.00pm for a 1.15 start**
Sandiacre to Long eaton Via canal path **M/LGC T60**
- Thursday 28th June 2018 **12.30 for a 12.45 start**
Findern to Willington Marina Via canal path **M GC T60**
- Tuesday 24th July 2018 **12.00 for a 12.15 start**
Attenborough Nature reserve **L GC T1.20**

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

T = Travel time in minutes **TBA** = to be arranged

While we aim to deliver the walks as advertised we may change the venue of walks at any time.

Enjoying Derby is a walking programme which aims to improve the mental health of its participants. Walking is very good for physical health but the benefits on your mental health are just as good. Walking can improve mood, self-esteem, social contact, confidence and a sense of well-being for those who participate, 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 a mile?

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 are free to all.

How can I get more information?

Please contact us: T: 01332 623732 or E: enquiries@derbyshiremind.org.uk

To find out more about the services provided by Derbyshire Mind visit our website 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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