

Walk Programme December 2017 to February 2018

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

December 5th Repton **12 noon start M GC T120**
12th Attenborough **12 noon start M GC T120**
19th Free Santa walk – Darley Park **S**
26th no walk
January 2nd New Year walk! Allestree **M GC T20**
9th Shipley Park **M GC T60**
15th Wollaton **12 noon start L GC T120**
23rd Burton Washlands **M GC T60**
30th no walk
February 6th Great Northern Greenway **M GC T20**
13th Mickleover Meadows **L GC T20**
20th no walk
27th Little Eaton **12 noon start M GC T30**

As part of our Living Advent Derbyshire Mind is delivering a free **Santa Walk** on the 19th December 2017.

Please join the festivities...wear your Santa Hat, Christmas jumpers or any Christmas sparkle if you would like!



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

Dec 7th Sinfin Moor **S GC T30**
14th Spondon Village **M GC T30**
21st no walk
28th no walk
January 4th Mickleover Village **M GC T40**
11th Ashbourne Town **S GC T120**
18th no walk
25th Arboretum **S**
February 1st Duffield Castle **M GC T60**
8th Markeaton New Paths Circular **M GC T30**
15th Riverside Path Alvaston Park **L GC T10**
22nd no walk

Next Walkers' Workshop
– date to be confirmed

Walks cost £3 each. Buy your ticket from Derby Museum shop on the Strand or the Tourist Information Office on the Market Place.

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

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 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?

When are the walks?

City centre walks are on certain Tuesday and Thursdays, meeting 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. You can buy tickets from the Tourist Information Office or Derby Museum shop on the Strand. A ticket can be used for any walk. When you buy a ticket you are supporting the Enjoying Derby programme to continue.

Volunteering for Enjoying Derby

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

How can I get more information?

Please contact Christopher Bentley Email chris.bentley@derbyshiremind.org.uk or write to him at: Enjoying Derby, Derbyshire Mind, Derby West Business Centre, Ashbourne Rd, Derby. DE22 4NB Alternatively call Sinead Dalton on 01332 345966

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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