

Enjoying Derby

Enjoying life

Walk Programme June to August 2017

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

- June 6th Borrowwash to willmorton **L GC T30min**
13th Arboretum park **S**
20th Markeaton park new paths circular **S GC T30min**
27th Alvaston circular **M GC T 20min**
July 4th West park long Eaton **M GC T 50 min**
11th Allestree park **M**
18th Belper river gardens **M GC T 50 min**
25th Elvaston Castle **L GC T20 min**
August 1st Melbourne circular **12.00 start LGC T120min**
8th Sandiacre to Long Eaton **M GC 50min**
15th Alvaston Circular **L GC T 30min**
22rd City Quiz walk **M**
29th Chesterfield river rother **L GC 120min**

Walkers' Workshop
Wed 28th June from 2-4
at Deda
Plan your next walk programme
Get an update on funding and
costs of your walk programme
Drinks are on us!

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

- June 1st Calke Abbey **11.45. start L GC 120min**
8th Normanton Park and green Thyme Café **L GC30min**
15th Spondon village **M GC 30min**
22nd Strawsbridge and bottle kiln **L GC 30min**
29th Attenborough Nature reserve **12..00 Start L GC 120min**
July 6th Wollaton Hall **12.00 Start L GC 120 min**
13th River gardens to pride park to do an **Enjoying Derby Trampoline session! £2.00** for socks, to book a place please tell Kat on a walk or contact Sinead on 07747478583 **M GC15min**
20st Loughborough **S 12.00 start GC 120min**
27th Staunton Harold Reservoir **11.45. start M GC 120min**
August 3rd Chester green to Darley **L**
10th Willington Marina **M 11.45 Start GC 45 min**
17th Meynell Langley to Markeaton **XL 12.30 start GC 45min**
24th Jermain Jepson Memorial walk Riber castle **XL 11.45 Start expect to be lack late. GC 120**
31st Mystery walk **GC**

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

Please be aware we will be walking during the hottest part of the day please bring sufficient water sunscreen and money for drinks.

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 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. 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 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 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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