

Enjoying Derby

Enjoying life

Walk Programme September to November 2017

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

Sept 5th Chellaston Brickworks **M GC T50min**

12th Markeaton park new paths circular **S GC T30min**

19th Spondon village **M GC T30min**

26th River Gardens to Alvaston Park **M GC T30min**

October 3rd Stenson Bubble **M GC T40min**

10th Markeaton to Mackworth Eurocom House for coffee **M GC T30min**

17th Belper River Gardens **M GC T50min**

24th Arboretum Park **S**

31st Haunted Derby Halloween walk **S**

November 7th Sinfin Moor **S GC T60min**

14th Chaddesden Park **S GC T30min**

21st Sunnydale Park and nature reserve **S GC T30min**

28th History of a Night out in Derby walk **S**

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

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

Sept 7th Trent Embankment Notts **M GC T1 hr 30min 12.00 START**

14th Chester Green to Darley **L**

21st Ilkeston to Langley Mill **L GC T60min**

28th Darley Park to Park Farm Allestree **L GC T30min**

October 5th Mickelover meadows **M GC T40min**

12th Elvaston Castle **L GC T40min**

19th Duffield Castle **M GC T50min**

26th Willersley Castle **M GC T50 12.00 START**

November 2nd Willington Marina **M 11.45 Start GC T45min**

9th Nut Wood **L GC T20min**

16th Chaddesden Wood **S GC T30min**

23rd Strawsbridge and bottle kiln **L GC T30min**

30th Pickfords House **S**

Walkers' Workshop

Wed 4/10/17 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!

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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