

Course/Group title: Dale Bank Strolling Group

Description of the course (including the number of sessions):

The Strolling Group is a gentle introduction into walking. It aims to support the development of healthy routines/lifestyles; to reduce social isolation; to improve physical and mental wellbeing and address motivational difficulties to clients who would otherwise have little or no exercise in their week.

The walks will all take place in the local area around Swadlincote – on pavements and in local parks.

8 sessions

Dates & times: May 16th – July 4th 2018 1.30 – 3pm

Venue: Meeting point DBV, Swadlincote

Benefits of attending the course:

Improve levels of mental health through physical exercise; develop self-esteem/confidence; social inclusion; awareness of local short/accessible walks; information of community walking groups to progress onto.

Available to:

Service Users open to team at Dale Bank View

How to book a place:

Referral by member of clinical team at Dale Bank View

To be included in which section:

Getting Well