

Course / Group title: Walking Group

Description of the course (including the number of sessions)

Weekly walks for approximately 2 hours which usually incorporate going to a café or pub for a drink. The walk sometimes starts at West Park Leisure centre or from other venues nearby which walk leaders will drive to. The walk is facilitated by an OT and a support worker, both who have been on walk leader training.

Dates & times:

Friday mornings 10.30 am

Venue:

Meet at West Park Leisure centre, Long Eaton

Benefits of attending the course:

Walking to help your mental wellbeing.

Improvements to health include increase in stamina and weight loss.

Opportunity to meet new people and to discover new places.

Available to:

People who receive a service from Derbyshire Healthcare NHS Foundation Trust

How to book a place:

Please contact Kathy Birks on 0300 123 3375

To be included in which section:

Keeping Well



@derbyshcft



DHCFT