

# Wellbeing Walking Group 2026

**These walks are for our bereaved community. Gentle exercise and the chance to connect with others can offer comfort and support to help nurture wellbeing during difficult times**

We invite you to join us on the last Friday of every month\* for a gentle, friendly, local walk led by experienced trained leaders.

We alternate our walks around the following areas:

- 30th January - Delph Donkey**
- 27th February - Chadderton Hall Park**
- 27th March - Alexandra Park**
- 24th April - Dunwood Park**
- 29th May - Delph Donkey**
- 26th June - Chadderton Hall Park**
- 31st July - Alexandra Park**
- 28th August - Dunwood Park**
- 25th September - Delph Donkey**
- 30th October - Chadderton Hall Park**
- 27th November - Alexandra Park**
- 18th December (\*second to last Friday) - Dunwood Park**

**We meet at the café in each park at 10:45am for registration and an 11am start.  
The meeting point for Delph Donkey is Newbank Garden Centre.**

The walks will last around 1 hour and will be on easy ground. You'll need sensible appropriate footwear and clothing as we do walk in most weathers! Afterwards there is an option to stay for a cuppa and a chat, in a location close to where the walk ends.

**We'd love you to join us, keep active and become part of a friendly, social group!  
No need to book, just turn up.**

**For more information please contact our Wellbeing Centre  
Team on 0161 624 2727 or [drkh.wellbeing@nhs.net](mailto:drkh.wellbeing@nhs.net)**

## Information guide for participants

- Registration from 10:45am, ready to start walking promptly at 11:00am. Walks start and end at the park café.
- Walk leaders will be wearing hi-vis vests. Please approach us and make yourself known to the group.
- Each park has a free car park and all parks have toilet facilities. Please allow enough time for this.
- On your first walk you will be asked to sign our registration form and we will register you as a participant of Dr Kershaw's Hospice Wellbeing Centre. You will be asked to provide emergency contact details.
- If you plan on leaving the group mid-walk, ensure you inform the walk leaders so we can account for your whereabouts.
- Terrain underfoot may vary and sometimes we may need to walk up and down steps. Please wear suitable and sturdy footwear. This does not need to be walking boots, but it must be something that will ensure safe and comfortable footing.
- Our walks take place in all weather conditions excluding lightning storms. You will be required to take responsibility for your own health and safety; please ensure you bring anything that you may need (this may include: umbrella, sun cream, water bottle, allergy tablets, hand sanitiser, a mobile phone that is charged, a snack, tissues, cash/card). We take our weather guidance from the Met Office; if we are forecast a severe weather warning and it is deemed unsafe to walk we will update our social media channels (Facebook and Instagram).
- All group members will have experience of bereavement and loss but people's individual circumstances and feelings are unique. We ask you to offer each other compassion and understanding, and to respect confidentiality.