
Introduction

The Roseland Walks for Wellbeing programme is designed to help you enjoy safe, regular walks aimed at improving your general health and wellbeing.

Walks are offered every week, for ten weeks. Each walk is accessible to people with a diversity of needs and is led by experienced professionals. Walks take place in a group of up to 12 people.

To join the programme, talk to your Roseland GP. They will refer you onto the programme if you both agree that it will be of benefit.

Outcomes

The programme will help you:

- increase confidence and skills for recreating outdoors;
- increase self-confidence and independence;
- bring physical activity to everyday life;
- increase feelings of mental and physical wellbeing;
- improve social interaction;
- learn to identify symptoms of stress & anxiety;
- develop techniques for alleviating stress & anxiety;
- feel motivated to take care of yourself;
- meet people;
- appreciate the natural world and Cornwall's unique and beautiful environment;
- maintain your health independently.

Join the programme

To join this programme you will need to ask your Roseland GP.

Once you've been referred by your GP, you will be asked to attend a short 20 minute appointment with a wellbeing walk leader at your local GP practice. This is to make sure that the programme is right for you and to give you an opportunity to ask any questions.

Referral information for GPs

To refer a patient, please use our online referral form or phone us.

Online: <http://ecotherapy-kernow.org/referrals>

Phone: 07760 180816

Ecotherapy Kernow

t: 07760 180816

www.ecotherapy-kernow.org

Roseland Walks for Wellbeing

A ten-week walking programme to improve your health and wellbeing.



Photo: Mark Squires © 2015

NERC
SCIENCE OF THE
ENVIRONMENT

**A Dose
of Nature**

www.ecotherapy-kernow.org

Who's it for?

This programme is for you if:

- you'd like to be more physically active;
- you have symptoms which would be relieved through regular exercise;
- you suffer from stress or anxiety and would like to learn new healthy ways of coping;
- you would like to spend more time with other people;
- you'd like to build self-confidence in walking and being outdoors;
- you enjoy nature and;
- you are an adult able to walk on paths and tracks for up to 20 minutes at a time.

What's involved?

Each walking session is two-hours long. The format varies over the course of the ten-weeks. The first session is very gentle and will introduce you to some of the basic skills for being outdoors in a group.

Gentle activities are offered along the way. For example, group discussions, interpretation of the environment and reflective practices. As the programme develops, sessions are more challenging.

You are able to select your own level of participation and challenge at all times.

There will always be lots of resting and time to enjoy nature!

Cost

The programme is free but is limited to 12 people.

Dates & Times

Sessions are from 10.30-12.30 on Wednesday mornings from 15th April until 17th June, 2015.

Transport

Transport to get you to and from the meeting point will be discussed with you during your interview. There will lift-sharing and volunteer support to help you.

Join the programme

To join this programme you will need to ask your Roseland GP. If they agree that it is right for you, they will refer you online (see back cover).



Photo: Nare Head Rainbow, Roseland / David Key © 2015

What do I need to bring?

You will need to wear appropriate clothing to be outdoors for two hours, on the specific day of your walk.

You should bring enough clothing (either on, or carried) to be comfortable sitting still for up to 30 minutes as well as a hat, a drink and a snack.

Please also remember to bring any personal medication you may require on the walk. For example, your inhaler if you are asthmatic.

Where will we walk?

Each week we will meet at a car park near to a footpath, somewhere on the Roseland Peninsula.

The location for the first walk will be given during your entry interview. The location for the next walk after that will be given during the first walk.

Where we meet and which walks we do will depend on the needs of the group and the weather.