

# Walk for your wellbeing

Do you have a long-term health condition and live in Stockport?

Alongside GM Walking, the TPA are running **local walking groups** in Stockport for people with mental and/or physical long term health conditions.

- Weekly walks
- 4 different routes
- Routes are risk-assessed and are adaptable for inclusivity

## Why join us?

- Get to know people in your local area
- Feel the fresh air and spend time in nature
- Walking is great for mental & physical wellbeing
- Something to look forward to

## Interested in joining our groups or becoming a volunteer?

Contact our Community Connectors for more information.

Mark Emery: 07800 618 976

Steven Delahunt: 07827 360 498

Ellie Unwin: 07485 325 398

## How else can you get involved?

### We're looking for volunteers!

We need 12 'Walking Champions' to support with these community works. We'll support you by providing:

- Full introduction to the project
- Formal training on health & safety, safeguarding and first aid
- Peer support network
- Mentoring support for at least 12 months
- Access to digital skills support

We offer 4 different wellbeing walks:  
Mooch & Mingle  
Women's Wellbeing Walk  
Abney Hall Walk  
Comedy Walk

Greater Manchester  
**Walking**

Greater Manchester  
**WALKING VOICE**



**The Prevention Alliance**  
Creating Change Together