

## Where and When....

The Walking group meets regularly and follows routes designed and checked by the Local Health Board. The group is led by volunteer walk leaders and supported by Newport mind staff.

## How to join the group....

The Walking group is for people with mental health issues who are looking to improve their mental wellbeing and develop their support networks.

## How to find out more...

Please contact Newport Mind for more details of the Walking group.

Newport Mind is committed to providing a quality, customer based service which has strong consistent values, has high standards of service delivery, is run in a robust way in line with the needs of the community and adheres to Mind's Quality Management in Mind Standards.

We are committed to achieving equal opportunities in the services we provide.



# Walking Group

An Outdoor group for people to exercise and develop support networks in a safe environment.



## Where We Are

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## About Us

Newport Mind is a mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now.

Whether you're stressed, depressed or in crisis. We'll listen, give support and advice, and fight your corner.

We provide support to empower anyone experiencing a mental health problem. People who use our service are encouraged to be involved in planning and their feedback helps to develop the service.

For more information about how we can support you please contact Newport Mind



## Walking Group

Provides opportunities to **BE ACTIVE** to develop new skills, and to exercise regularly in a supportive environment. The sessions help people to **KEEP LEARNING** as it introduces new skills, through using different media.

The walking group seeks to encourage people to engage with the environment and to **TAKE NOTICE**.

The group provides a chance to meet others with similar problems, to make friends, talk through problems and learn coping strategies. It also gives people the chance to **KEEP LEARNING** by training as walk leaders and to taking up opportunities outside the group.

The group helps people to **CONNECT** which is one of the five ways to wellbeing, it also helps people to **GIVE** by joining a group, spending time with others and contributing to fundraising opportunities. The groups are focused on wellbeing and recovery and raise awareness about mental health.

## Five Ways to Wellbeing

### CONNECT

Connect with the people around you, with family, friends, colleagues, neighbours. At work, home, school or in your local community. Building these connections will support and enrich your life everyday.

### BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy and suits you.

### TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Whether walking to work, talking to friends, or eating lunch, be aware of the world around you, reflecting on your experiences will help you appreciate what matters to you.

### KEEP LEARNING

Try something new, rediscover an old interest. Sign up for a course, fix a bike, learn to play an instrument, or cook your favourite meal. Learning new things will make you more confident.

### GIVE

Do something nice for a friend or a stranger, thank someone, smile, volunteer our time, join a group, look out as well as in. Being linked to the wider community can be rewarding and creates connections with the people around you.