

Mindful Walks

Friendly and informal walking group.

It can be challenging to open up to others, but studies have shown that walking side by side can help an individual express their feelings more freely. Walking alongside someone allows for the individual to discuss difficult topics without the intensity of worrying about eye contact or social cues, things we tend to do when sitting opposite somebody.

If you want to open up or connect to someone in your life but aren't sure how, invite them along for a walk and talk.

We meet every 4 weeks on a Sunday and have mainly easy walks which last 1 – 2 hours. We are dog friendly. We aim to go for light refreshments at the end of every walk.

For more information, please contact Paula via email - mindfulwalks22@aol.com

Belper walk

This walk will be on Sunday 29th May, meeting at the Book Cafe on Chapel Street at 11am,

The walk will take you round the back of B & M, Cricket Club and Belper Football ground. It is a circular walk around the fields with some uneven track and can be muddy if there is any rain.

It is approximately a 45-minute walk.

There will be refreshments available to purchase after the walk at the Book Café.

Belper walk – Woollen woods

This walk will be on Sunday 26th June, meeting at Belper Market place at 11am.

The walk will take you through the back of Coppice car park down the track to the entrance of the woods, where we will walk and look at the trees decorated by Woollen woods. We will then walk back down the track to Coppice car park. Then we will walk to the Market place, crossing at the lights to walk down to the bottom of King Street and then right onto Bridge Street. Finally we will walk along bridge street to the lights to cross onto the other side and walk to Dots Emporium Café.

In the gardens at the back of the cafe there will be more displays of the Woollen woods.

It is approximately an hour and a half walk.

There will be refreshments available to purchase after the walk at Dots Emporium café.

