



## Willen Walking Group

The walking group runs **every Thursday from 10:30-11:30am** and is open to anyone; patients, carers, families and staff at Willen Hospice.

The route walked will be decided on the day, depending on who is attending and what their abilities are. Dogs and mobility scooters are welcome!

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## Benefits of Walking

Being more active, and being outside has profound benefits to health and wellbeing, for everyone. It is well known that being active improves your physical health; by strengthening muscles, improving heart and lung health, improving balance, and managing fatigue to name a few. It can also help to reduce anxiety and depression, increase confidence, and can improve sleep and memory.

The group also provides you with an opportunity to socialise with others, which can also improve physical and mental wellbeing. We have an experienced number of volunteers who support the group, and member of the Therapeutic & Wellbeing team present at each session to offer additional support or signposting if needed.

### Before the Walk

We meet in the Wellbeing Centre, where we will complete a register and ensure that we have the information required from each participant. This is your opportunity to discuss any limitations you may have on the day with staff/volunteers. This helps us plan the route for the day. You can also place an order for lunch at the café if you would like to stay afterwards.

### After the Walk

We gather back at the Wellbeing Centre for drinks and cake, which can be purchased from the Hospice Café. Therapeutic and Wellbeing staff will be available until 12pm to talk to, either within the group or confidentially if preferred.

If you would like to attend the Walking group, please let us know by emailing [Living.Well@willen-hospice.org.uk](mailto:Living.Well@willen-hospice.org.uk) or calling **01908 973264**.

On occasion, we may have to cancel the group due to inclement weather or other unforeseen circumstances. By letting us know when you can attend, we can ensure to contact you to keep you informed if this is the case.



Willen Hospice, Milton Road,  
Willen Village, Milton Keynes,  
MK15 9AB

Tel: 01908 663636  
[www.willen-hospice.org.uk](http://www.willen-hospice.org.uk)

Registered charity number 270194



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