

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

Jade Mitchell: 07708 320 432

Sign up
to our
waiting
list!

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

Greater Manchester
Walking

Greater Manchester
WALKING VOICE



The Prevention Alliance
Creating Change Together