

Group Disclaimer:

Everyone taking part in the Group walks does so at their own risk.

We do not employ qualified guides, leaders or first aiders on any of our walks. The group works on the same basis of being a group of friends who go out walking together, who invite others to join them on this basis.

The Walk Leaders will not be held responsible for any accident, injury or loss occurring as a result of any Group walk or in connection with travel to such event, however caused.

Clothing for Walking:

Participants in Group walks are reminded to dress to suite the terrain and weather (boots, waterproofs, etc). Participants are responsible for assessing their own risk, the safety of themselves and the suitability of any equipment used. Any medical conditions that may affect the participants during the walk should be notified to the walk leader prior to the start of the walk.

Walkers might also need to consider taking water and snacks on the walk as they may deem appropriate.

While accepting no responsibility or liability for walks the walk leader may, at their discretion, not admit you to join the walk or other event if in their opinion you are ill-equipped for the terrain and weather conditions.

The Walk Leaders:

Jenny Norman, James Park, Neil Carmichael, Peter Anthony



Run by the Milton Abbas Surgery Wellbeing Team

Milton Abbas Walking Group

Come and join us!

The aim of the Walking Group is to provide a regular, enjoyable activity for the community, which has both social and health benefits.

There are so many health benefits to walking. Walking regularly can help you:

- *Improve your blood pressure, heart rate and lung function*
- *Decrease feelings of loneliness and depression*
- *Maintain a healthy weight*
- *Build stronger bones and muscles*
- *Boost your self-esteem and mood naturally*
- *Enhance your social life and your feelings of connectedness to others.*

The group works as some friends who walk together and invite others to join them. **We are inviting you!**



A schedule of walks for the month are available from the surgery reception or can be found on the surgery website. This schedule will give details of the walks planned (length, feet of ascent, terrain etc).

Dogs & Pushchairs:

Dogs are usually allowed on walks but must be under control of and be the responsibility of the owner. Dogs should be on a lead where this is required by public notice and where livestock is present or when requested by the Walk Leader.

Unless specified none of the walks are currently suitable for baby buggies but are for parents with baby carriers.

