

# Think Nature Health Walks Newsletter



Spring 2021

**Welcome to the Spring edition of the Think Nature Health Walk's newsletter!**

**It has been a challenging few months but with some glimmers of hope and better weather ahead, it will be great to get out there and enjoy more walking.**

## Restarting Health Walks

Since the 12th March, Health Walk groups have been able to start up again and are permitted to walk in groups of up to 15 (including Walk Leaders). Some groups have been meeting up to walk but if your group hasn't restarted yet and you need some support, please get in touch. Whether it's help with promoting the group or maybe even recruiting more walk leaders, please let me know.



## Tongue Walking Group

### **Our walk to Tongue House:**

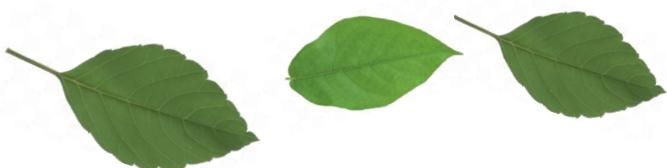
We booked the local Community Transport bus from *Transport for Tongue* which has been adapted to take a maximum of 4 passengers (to allow for social distancing) to take walkers without their own transport. We met up at the Kyle of Tongue Hostel and walked up the side of the Kyle, through the woods of Tongue House (the home of the late Dowager Duchess of Sutherland) where the snow drops carpeted the drive. We then toured Eddie's Garden, which was developed by Eddie, gardener to the Duchess, after his retirement. On his death his daughters carried on with tending it and it is now open to the public, free of charge. We then returned via the shores of the Kyle to our starting point.



## Registering New Walkers

All new walkers and walk leaders can now register themselves online using a link which can be emailed to them. To access the link, please get in touch and I will email it to you.

However, if a new walker doesn't have access to complete the online form, registration can be done over the telephone or paper copies are still available.



## Sauntering Steps and Purrrr a 'metres

It's mostly Friday afternoons and weekly walks.  
With our focus on blether and gentle talks.  
We strive for access with a purrrfect pace.  
Our focus on where we are, it's never a race!  
Over 30 different walks in the North of Skye.  
There are pauses, stops, for cake and yes, homemade pie.  
Around one to two hours and two to three miles.  
There's lots of laughter and no ration for smiles.  
We take in most weather, hopefully no extremes.  
You are all very welcome along with your dreams!



A wonderful poem and photo from Charlie Harris, Walk Leader in the Portree Group.

Beautiful view and very inspiring.

## New Health Walk Groups

To add to our fantastic existing walking groups we are delighted to introduce a number of new Health Walk groups:

### Castletown

Started 11th November. Meet every Wednesday at 10.30am

### Fort Augustus

Starting in Summer

### Fort William

Started 16th April. Meet every Thursday at 9am & 6pm and Fridays at 10am

### Golspie

Starting 26th April. Meet every Monday at 9.30am & 11.30am and Thursdays at 1pm

### Kyle & Lochalsh

Starting 19th April. Meet every Monday at 11am

We are also very excited to be working with CALA (Care and Learning Alliance) in rolling out a programme of new buggy walks for parents, grandparents and carers walking with babies and children:

### Kilmallie

Starting late April

### Kinlochleven

Starting late April

### Strontian/Ardgour

Starting late April

### Thurso

Starting 19th April. Meet every Monday at 10.30am

We are very pleased to be working with Kyle and Lochalsh Community Trust, Golspie Bothy, Lochaber Hope, NHS Highland and CALA on these new ventures.

## Walk Leader Training

Walk Leader training has been delivered by Paths for All online since last Spring. Just recently I completed online cascade training and can now also deliver the 3.5 hour online Walk Leader course.

Over the last few weeks I have delivered training along with Kate Thomson from Partnerships 4 Wellbeing to a group of staff and volunteers from Befrienders Highland and also Lochaber Hope, who are based in Fort William. Here is a screen shot of one of the training sessions!



Since November last year over 60 volunteers have received training to become Walk Leaders and have joined our Health Walk groups. There has been a high demand for training and it's fantastic to see level of interest and increase in walking across the Highlands.

If you know of someone who would like to complete the training to become a volunteer Walk Leader, please get in touch, as we will be arranging more courses over the next few months.

## Green Health Week



8th-16th May

For Green Health Week 2021, which coincides with Mental Health Awareness Week, the Highland Green Health Partnership is inviting people across Highland to "**Pop it on a Postcard**". This is a creative writing activity where people of all ages can jot down, in as few or as many words as they wish, what nature means to them in terms of their mental health. If it's something that you would like to take part in please get in touch and I can send you some postcards. It may be something that you would like to do whilst on one of your group walks connecting with nature.



A beautiful sunny walk around The Plock with the Kyle & Lochalsh walking group.

# Photo Gallery



## CONTACT

Please get in touch if you would like any further information or support, or if you would like to feature an article or photo in the summer edition of the newsletter (please email them to me by end of June). Many thanks,

*Charlotte*

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