

## Women's Well-being Walking Group



**Meeting every other Thursday  
Roundhay Park, Leeds**

**12.30PM – 1.30PM (meeting points will be confirmed via text prior to attending)  
This group is open to all women only who are parent/carers**

### **By-weekly sessions will include:**

Check in – feelings scales / 1 positive thing or something that we are grateful for, planned walk and talk route, focus theme for each session for instance; sleep / ways to relax / managing worries and stress (the themes will be decided by group members), Hot drink and biscuits provided by us.

Please note: the group is open to all female parent/carers, babies in pushchairs are also more than welcome.

**There are so many benefits of being outside and getting fresh air but here are a few if you are trying to encourage any women to join us:**

- More than half of UK adults say that being close to nature improved their mental health
- 4 in 10 people say being outside in nature makes them feel less anxious or worried
- Almost two thirds of people said being close to nature meant they experienced positive emotions
- It improves your mood, helping you take time out and [feel more relaxed](#)
- Meeting up outside allows you to make new connections and gain peer support from others  
(Statistics taken from Mind & [mentalhealthawareness.org](http://mentalhealthawareness.org))