

At the last PPG meeting the group decided to set up a walking for health scheme to go from the surgery. There are currently two organised walks already running in Ilkeston which are very popular. Dr Owen has asked me to arrange some training for anyone who would be interested in becoming a walking for health leader. Each walk is no longer than an hour and the route is planned and risk assessed with help from the walking for health team. Leaders are given full training and there is some information in my room for anyone who is seriously interested. The training is for Friday 20th May. If you are interested please come and see me for further information or if you know of anyone you think maybe interested in this scheme as a leader there is a leaflet here you could pass on to them.

Thanks

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