

Walk on Hebrides Project - Health Walks

Walking Group	Location	Date and time	Meeting point	Contact to check your area walk is on this week
Get on Track	Lewis Sports Centre, Stornoway	Wednesday at 13:15	ISL Running Track	Janet Macleod, jmacleod@cne-siar.gov.uk
Grimsay	Grimsay, North Uist	Wednesday at 13:30	Grimsay (varies)	Anne Wilson, anniegrimsay@gmail.com
Dementia Walk	Stornoway	Tuesday at 11.00 (fortnightly)	YM Bridge, Castle Grounds	Angela Macleod, amacleod@alzscot.org
Easy Walk & Talk	Stornoway	Monday at 12.30	Lews Castle Grounds	Dave Alldred, david.alldred@penumbra.org.uk
Walk & Talk	Stornoway	Tuesday at 14.00	Lews Castle Grounds	Dave Alldred, david.alldred@penumbra.org.uk
Buggy Buddies	Stornoway	Tuesday at 13.00	Lews Stornoway Golf Club Car Park	Elaine Macmillan, elaine.macmillan@nhs.scot
Northbay	Northbay, Barra	Friday at 10.30	Garadh a Bhagh a Tuath	Lisanne Macinnes, lisanne@garadh.org
Northbay Buggy Walk	Northbay, Barra	Tuesday at 11.30	Garadh a Bhagh a Tuath	Lisanne Macinnes, lisanne@garadh.org
Lochboisdale Health Walk	Lochboisdale	Last Friday of the month	The Beacon	Rosie Moar, rosie@tagsa.co.uk
Uist Buggy Walk	Varied	Varied	Varied	Contact Walk Leader for weekly location: Kelly-Anne Keltie, kelly-anne.keltie@nhs.scot
Laxdale Social Seniors	Laxdale	Thursday at 10.00	Laxdale Community Hall	Holly Heath, holly@laxdalehall.com

Why walking? Walking is a simple way to increase your physical activity, it is good for all round health, can help to improve your mood and it's free – you just need some comfy shoes!

For more information contact:
laura.mackay15@nhs.scot

Join in
GET ACTIVE



A **Health Walk** is a short, social, local, low level led walk that can be adapted to suit the needs of the walkers. Health Walks are free and can be anything from 10–60 minutes.

