

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 11.00 (fortnightly)	Grimsay (varies)	Sara Stewart, info@grimsay.org
Dementia Walk	Stornoway	Tuesday at 11.00 (weekly)	Lews Castle building entrance	Angela Macleod, amacleod@alzscot.org
Easy Walk & Talk	Stornoway	Monday at 14.00	YM Bridge, Lews Castle Grounds	Dave Alldred, david.alldred@penumbra.org.uk and Rebecca Mahony, rebecca@wiamh.com
Walk & Talk	Stornoway	Tuesday at 14.00	YM Bridge, Lews Castle Grounds	Dave Alldred, david.alldred@penumbra.org.uk and Rebecca Mahony, rebecca@wiamh.com
Buggy Buddies	Stornoway	Thursday at 12.30	Porter's lodge by Lews Golf course	Elaine Macmillan, elaine.macmillan@nhs.scot or wi.nps@nhs.scot
Northbay	Northbay, Barra	Friday at 10.30	Garadh a Bhagh a Tuath	Lisanne Macinnes, lisanne@garadh.org
Uist Buggy Walk	Varied	Varied	Varied	Contact Walk Leader for weekly location: Kelly-Anne Keltie, kelly-anne.keltie@nhs.scot
Lochmaddy Health Walk	Lochmaddy, Uist	Wednesday at 13:15	Lochmaddy Hall	Kayreen Macleod, kayreen.macleod@cne-siar.gov.uk
Laxdale Social Seniors	Laxdale	Thursday at 10.00	Laxdale Community Hall	Donna Macaskill, donna@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:
jessica.wood3@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.

