



Walk Confident



Every Thursday 11.15pm to 12.30pm The Whitworth-Darley Dale

The session is delivered by qualified Otago and Chair based Instructors who are Walk Leader trained.

The session is open to anyone wanting to get into walking at a very low level.

Self Referral – Contact us by phone or email and we can email/post you a welcome pack with all the information about the project.

The session is delivered indoors at The Whitworth where participants will take part in:

- strength and balance exercises,
- walking exercises indoors
- bench to bench walking in the park (subject to weather conditions)



**Starts
11th June
2026**

Contact: Sam Barton (Health
Walks Coordinator)

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FOR LONGER**



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