



WALKING GROUP



KILBRYDE HOSPICE

Information for Patients, Families & Carers

Kilbryde Hospice Walking Group

Kilbryde Hospice Walking Group meets weekly on a Monday. We aim to support individuals with life limiting conditions, their carers and newly bereaved carers. This gives you an opportunity to enjoy the outdoors and experience gentle exercise while being supported by others.

New Members

New Walking Group members will initially attend our very gentle paced group on Mondays at 1.30 p.m. Thereafter, you may progress to our Monday morning group at 10.30 a.m. with a more undulating course or walking at a brisker pace.

As Kilbryde Hospice evolves we expect the walking group will have increased demand. With this in mind we have introduced some progressive walk criteria. We would hope the Kilbryde Hospice Walking Group members with improved physical and emotional health will be confident to join other health walks around Lanarkshire without the need to be supported by Kilbryde. This will enable you to maintain your fitness level and free places for new members requiring our support. Please ask Kilbryde Hospice walk leaders for details of other walking groups available.

Benefits

Taking part in physical activity before, during and after medical treatment or a bereavement can play a huge part in enabling you to take back control and improve your quality of life.

- Walking is an easy way to start becoming active.
- It doesn't cost anything.
- Participation in Kilbryde Hospice Walking Group offers the opportunity to meet and connect with new people.

Walk together

Walking as part of a small group is a good way to improve your wellbeing. You'll make friends, encourage each other, and discover the health benefits. This will allow you to forge new relationships and gain confidence.

Kit and Caboodle

What do you need? Not much really... just a good pair of shoes, which you probably have anyway. Anything that's comfortable, supportive and doesn't give you blisters. You can move more freely in loose-fitting clothing, and it's better to wear several thin layers rather than heavy, bulky clothing.

If you're going to be outdoors for a while, remember to take some water. And don't forget to be prepared for the Scottish weather – if it looks like rain, a waterproof or umbrella will be very handy, and a sun hat and cream are a good idea in summer.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better.
- Lower your blood pressure.
- Keep your weight down.
- Lighten your mood.
- Keep your joints, muscles and bones strong.
- Increase "good" cholesterol.

Bereavement

There is no quick way to stop grief hurting, but there are things that can be done which help our mood to improve. Join the Kilbryde Hospice Walking Group and give yourself the chance to walk and talk with like-minded people or just enjoy the company of others. The benefits include companionship and a sense of wellbeing. In bereavement we hope that you will walk with us until you feel you are well enough to join other health walks in our area.

About Kilbryde Hospice

Kilbryde Hospice is a voluntary independent hospice which exists to provide specialist palliative care to patients with life limiting progressive illnesses and to their relatives and carers. Services provided by Kilbryde Hospice are available to those people with palliative care needs. The service is provided free and does not discriminate on the basis of race, colour, faith, national origin, disability, sexual orientation, age or financial means.

We would like to hear from you!

We take all compliments, comments and complaints about our service seriously and deal with them in confidence. Kilbryde Hospice welcomes feedback on any of our services which can be submitted by post, or on our website www.kilbrydehospice.org.uk or by Email: info@kilbrydehospice.org.uk

Contact Us

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Registered Scottish Charity No. 032424

Registered Company No. SC224366

Should you feel that your complaint has not been resolved by Kilbryde Hospice, you may contact Healthcare Improvement Scotland regarding services delivered within Kilbryde Hospice or within a person's own home.

Healthcare Improvement Scotland, Gyle Square, 1 South Gyle Crescent, Edinburgh
EH12 9EB, Telephone 0131 623 4300
www.healthcareimprovementscotland.org

Kilbryde Hospice aims to communicate effectively with all patients and carers. This document is available in braille format for those who are visually impaired. A translated version is also available for those whose first language is not English.

To facilitate this service, please call 01355 202020, or Email your request to info@kilbrydehospice.org.uk