



# WALK ON HEBRIDES

## UISTS & BARRA

# WALKS AT-A-GLANCE

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!

LOCATION	WALKING GROUP	WHEN	MEETING POINT	DURATION	CONTACT
Lochmaddy NORTH UIST	Lochmaddy Walk	Every Wednesday at 12 noon (from 10th July)	Lochmaddy Hall, Lochmaddy	10 mins - 1 hr	Marion Matheson. Tel: (01870) 602588 Email: marion.matheson1@nhs.net
Balivanich BENBECULA	Balivanich Walk*	Every Tuesday at 12 noon	Balivanich Hall, Benbecula	10 mins – 1 hr	Marion Matheson. Tel: (01870) 602588 Email: marion.matheson1@nhs.net
Balivanich BENBECULA	Buggy Buddies <i>(Babies &amp; Toddlers)</i>	As advertised	Balivanich Hall, Benbecula	45-50 mins	Marion Matheson. Tel: (01870) 602588 Email: marion.matheson1@nhs.net
Daliburgh SOUTH UIST	Walk and Talk	Every Friday at 11.30am	Borrodale Hotel, Daliburgh	10 mins – 1 hr	Marion Matheson. Tel: (01870) 602588 Email: marion.matheson1@nhs.net

List current at 25/07/19

\* Our Walk Leaders are also trained to support those attending who are affected by cancer; people living with cancer, their friends, family and carers. 'Walk on Hebrides' can be anything from 10 minutes to 1 hour. All abilities are welcome to join in and walks are always adapted to suit the needs of the walkers. No booking is required.

**For further information or to register contact:**

Karen Peteranna, 'Walk on Hebrides' Coordinator. Tel: 01851 762015 / Email: karen.peteranna@nhs.net  
 Marion Matheson, Health Improvement Practitioner. Tel: 01870 602588 / Email: marion.matheson1@nhs.net

