

# Think Nature Health Walks Newsletter

Autumn 2021



**Welcome to the Autumn edition of the Think Nature Health Walk's newsletter!**  
**With Autumn upon us, the leaves changing colour and a new freshness in the air, it's a wonderful time of year to enjoy the great outdoors.**

Walking outdoors in Autumn can be very calming, seeing the colour transformations as the season changes, the leaves rustle around your feet and the sound of birdsong in the trees. The perfect time to enjoy one of our Health Walks or Buggy Walks!

## Out and About

It has been so good to get out and about recently, visiting and walking with the Health Walk and Buggy Walk groups across the Highlands! On my recent travels delivering the resource backpacks, it has been great to hear how the walking groups are getting on and about some of the plans that you are making for autumn and winter walks. If we didn't manage to catch up this time, I will be planning more visits soon. I would like to thank you all again for your warm welcomes, feedback, and most importantly for all of the time and effort that you put into your walking groups. **Thank you.**

Next online Walk Leader  
training course:

**Wednesday 3rd November, 11am - 3pm**

Email: [charlotte@highlandtsi.org.uk](mailto:charlotte@highlandtsi.org.uk) for more details

## Strength and Balance

**Maintaining muscle and bone strength is fundamental to good health and wellbeing as we get older.**

Paths for All have some very useful resources to support health walkers to take part in strength & balance exercises:

- **Training for Walk Leaders.** Training which will give Walk Leaders confidence to encourage walkers to try exercises during walks or at home.
- **Walk your Way to Better Strength & Balance leaflet**
- **Strength & Balance for All DVD**
- **Strength & Balance videos** All can be used to try the exercises at home.

**If you would like further information on any of the above please get in touch:**

Email: [charlotte@highlandtsi.org.uk](mailto:charlotte@highlandtsi.org.uk)





# Think Nature Health Walks Resources Backpacks

As a big 'thank you' to the groups and to provide some basic outdoor kit, I put together resource backpacks for each of the Health Walk and Buggy Walks groups who are part of the Think Nature Health Walks project.

Backpack items included a first aid kit, sit mats, walking poles, wildlife book, clipboard, map holder and other necessities for Highland weather, such as suncream and midge repellent! along with a tick removal tool. Also wipes and sanitiser for safety and hygiene purposes. Buggy groups also received some items for use at outdoor play and storytime sessions as part of their walks, such as bug pots and nets, nature and storybooks, sketch books and pencils, finger puppets and fairy doors. Plus a large tarpaulin to sit on and keep dry.

The resource backpacks are intended to compliment kit that groups may already have, and also to provide useful equipment for the new groups who have recently set up.

I really enjoyed delivering the backpacks and it was especially nice to catch up and walk with some of the groups. It was a great opportunity to see everyone face to face, after months of correspondence by email, phone and online!



Kyle Group Walk Leaders Maggie, Fay and Judith with the new backpack at the Plock



Buggy Walk Group Walk Leader Jules with backpack and kit for the Thurso Buggy Group



Thurso Group Walk Leaders Molly, Terry and Lorna, with new backpacks for the Thurso, Wick and Castletown Health Walk groups



## Welcome to new groups **Assynt, Lairg & Raasay**



It is fantastic to be working in partnership with Kirstin from the Lairg & District Community Initiatives Group, who has set up the new Health Walk group in Lairg.

Their first walk was on Tuesday 21st September and they meet weekly at 10.30am, starting from the Ferrycroft Centre in Lairg.

We are delighted to be to working with Community Nurses Julie and Ann Marie on the beautiful island of Raasay.

Their first walk is on Sunday 31st October at 2pm, meeting at the community hall.

The group also plan to hold strength and balance sessions in the community hall.



Another great partnership has been formed with the Assynt Medical Practice. We have been working with Mairi, who has set up the new group and will be leading their first walk, which is on Thursday 11th November at 1.30pm, for a walk along the All Abilities Path at Little Assynt.

The group also plan to lead walks in and around Scourie and Kinlochbervie in the future.





# Photo Gallery



A lovely morning in Camore Woods with the Dornoch Buggy group. Walk Leader Eilidh from CALA led a fantastic autumn nature trail. Everyone enjoyed the sunshine and spotting the different fungi along the trail. There was loads of them!



The Thurso group walking through the trees along the path to the lovely riverside walk.

Please get in touch if you would like any further information or support, or if you would like to feature an article or photo in the next edition of the newsletter. Many thanks,

*Charlotte*

**Charlotte Mackenzie, Health Walks Project Officer, Think Nature Health Walks**

**Email: [charlotte@highlandtsi.org.uk](mailto:charlotte@highlandtsi.org.uk) Mobile: 07385 380756**

CONTACT

