



## Walks with Bristol Rethink Carers 2022

We welcome family members and friends of people with mental health issues, especially those of you who have used aspects of our service recently. If you haven't used our service, but would like to come on the walk, give us a ring or email us and we can sign you up.

As the aim is to create new connections and encourage mutual support, these walks are open to family members and friends only, not to those you support.

We are very sorry but we can't meet your travel expenses or the cost of refreshments.

Please don't come on the walk if you have Covid-type symptoms, or take a lateral flow test before coming, even though most activity will be outdoors.

Well-behaved dogs are welcome, there may be restrictions in some cafes we visit.

*Tips:* bring some change in case you need to pay for parking, and put Karen's number in your phone in case you get separated from the

group on the day: 07918 162 523

We try to keep as uncomplicated as possible, but we want to work safely, so we will ask you for an emergency number in case we need to contact someone close to you. We try to ensure there are two walk facilitators, but sometimes we need an extra person to keep pace with slower walkers at the back, or to help if the party gets separated. If you are willing to have a 'helper' role on the day, please mention this when you book.

Very occasionally, we may need to cancel for example due to extreme weather conditions. We will contact you by text the evening before if we need to cancel for any reason, so please check your phone the night before.

If you book on Eventbrite using the links below, it saves us some time, but if you prefer to call text or email us that's not a problem. Typically we have had groups of 5 – 10 people. For more information please contact Karen Allen Bonney on 07918 162 523 or email [bristolcarers@rethink.org](mailto:bristolcarers@rethink.org)

## June: Harbourside walk and lunch in Carers week



**Tuesday 7th June 2022 meeting at 12pm**

Those booked in for lunch will meet at 12pm at the Pump House, Merchants Road, Hotwells, **Bristol**, BS8 4PZ (**not** the Arnolfini)

12.15pm table booked for lunch

2pm meet outside Pump House and set off for walk around harbourside (clockwise)

3.30pm Complete the walk, returning to the start point, or leave group where you want.

**Distance:** 3 miles round trip

**Buses:** any to the Centre

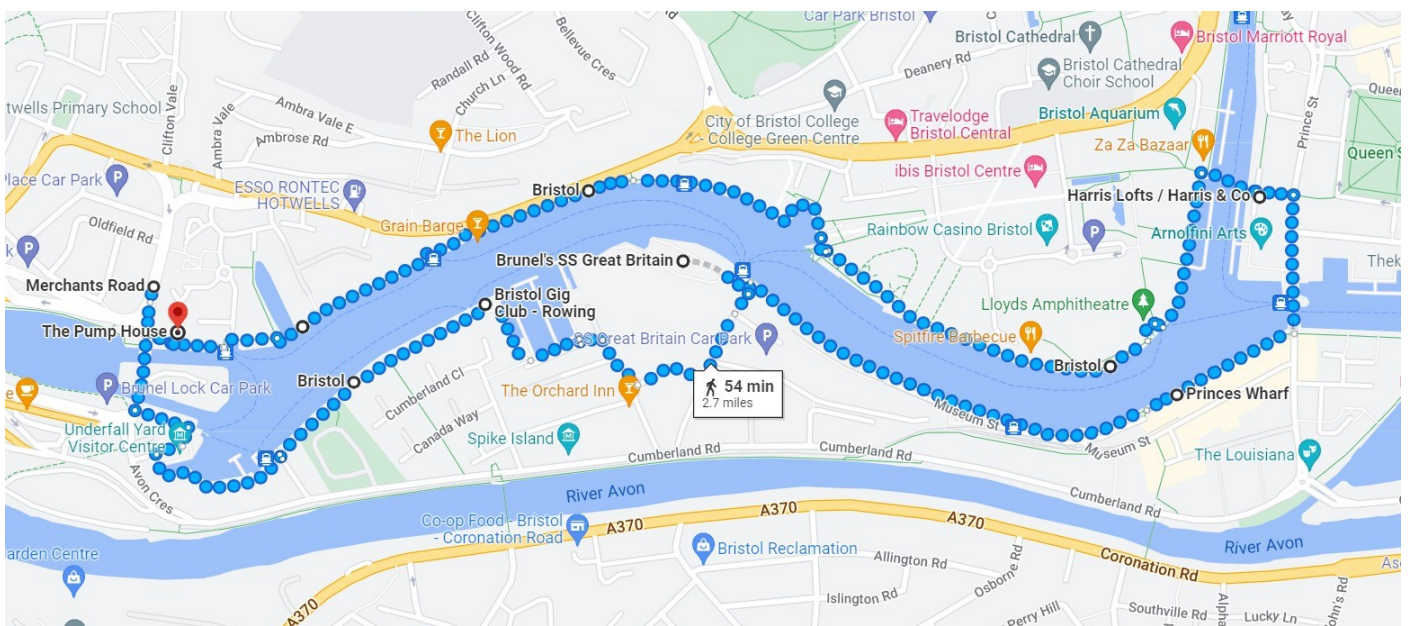
Enjoy a sociable lunch, and/or a walk along the harbourside.

We would like to invite anyone using the Carers Service to join us for lunch on the harbourside, we have booked a table for our group and will meet much of the cost. We have to limit numbers for lunch to 15, but you are also welcome to join us for the walk at 2pm. If you only want to join us for the walk, there is no need for you to book here, just email [karen.allen@rethink.org](mailto:karen.allen@rethink.org) to let us know you plan to come, and turn up outside the Pump House at 2pm.

This is a walk in Carers Week, the theme nationally for this year is 'Make caring visible, valued and supported'.

**Book for the lunch here:** [www.eventbrite.co.uk/e/june-afternoon-on-the-harbourside-in-carers-week-tickets-272230457627](http://www.eventbrite.co.uk/e/june-afternoon-on-the-harbourside-in-carers-week-tickets-272230457627)

We will prioritise lunch places for those supporting people in Bristol with significant caring roles or needs.



## July: Georgian healthcare & Hotwells evening walk



**Wednesday 13th July meeting at 5.30pm**

We will meet at Broken Dock, Millenium Promenade BS1 5SY between 5.30—6pm.

6pm set off for walk

7pm Stop in Clifton for takeaway meal (Fish and Chips, Pitta & juice, or just a sandwich from the Co-op)

8.30pm Arrive back at Broken Dock

**Distance:** 2.5 miles

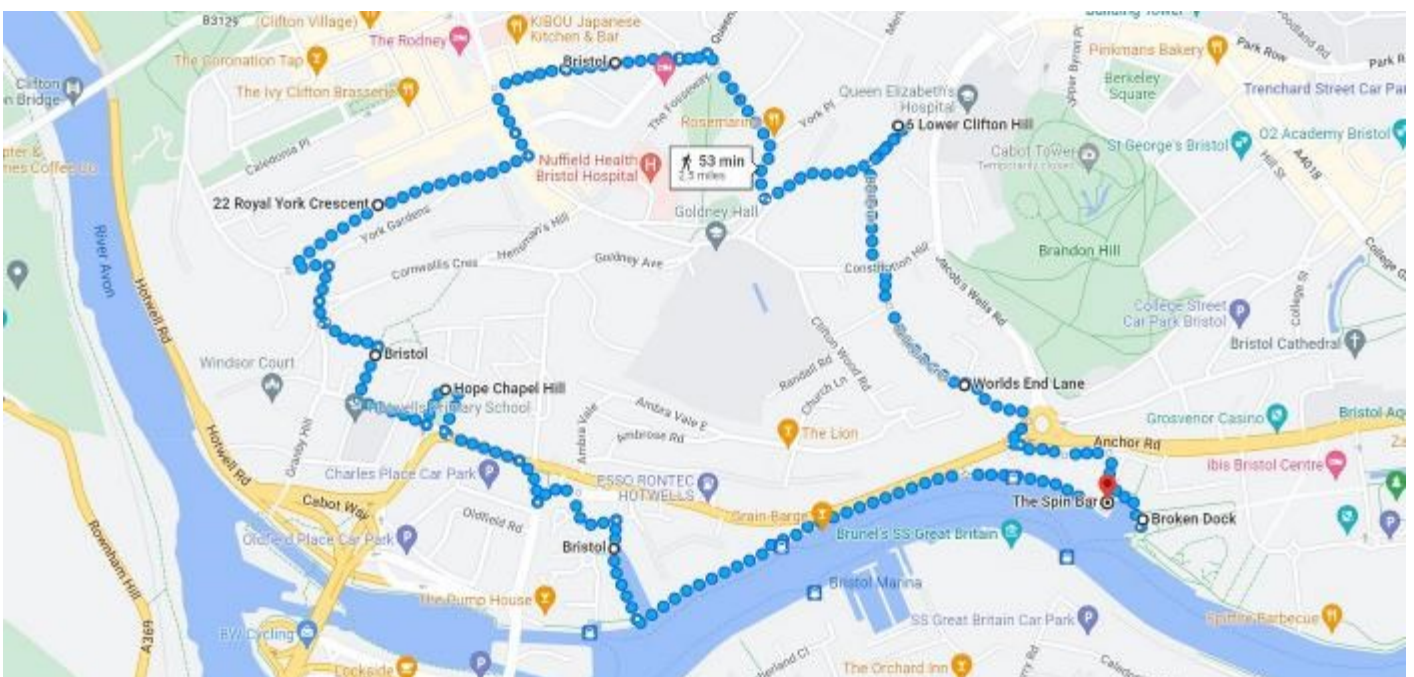
**Buses:** X4, X5, X6 or Shirehampton Park & Ride to Gasferry Rd, or number 8 to College Green

**Parking:** Millenium Square Car Park BS1 5LL

**Book here:** <https://www.eventbrite.co.uk/e/july-georgian-healthcare-hotwells-evening-walk-tickets-311191501157>

Did you know that frogs, cow's breath and even nitrous oxide were tried as cures for respiratory diseases in Georgian times? Discover the places Thomas Beddoes lived, worked and is buried and how this little known doctor tried to better the health of Bristolians, with mixed results.

An evening walk with one steep flight of steps to ascend.



## August: Nordic Walking in Oldbury Court



**Tuesday 2nd August meeting at  
10.30am**

We will meet at Oldbury Court car park, BS16 2JW at 10.30 for a taster session of Nordic walking (poles supplied). This will last an hour, after which the group will decide what to do - walk to a café for coffee, or walk around the park.

10.30am Meet up

11am Nordic walk taster session for an

hour

12pm Walk around Oldbury court or coffee in Fishponds

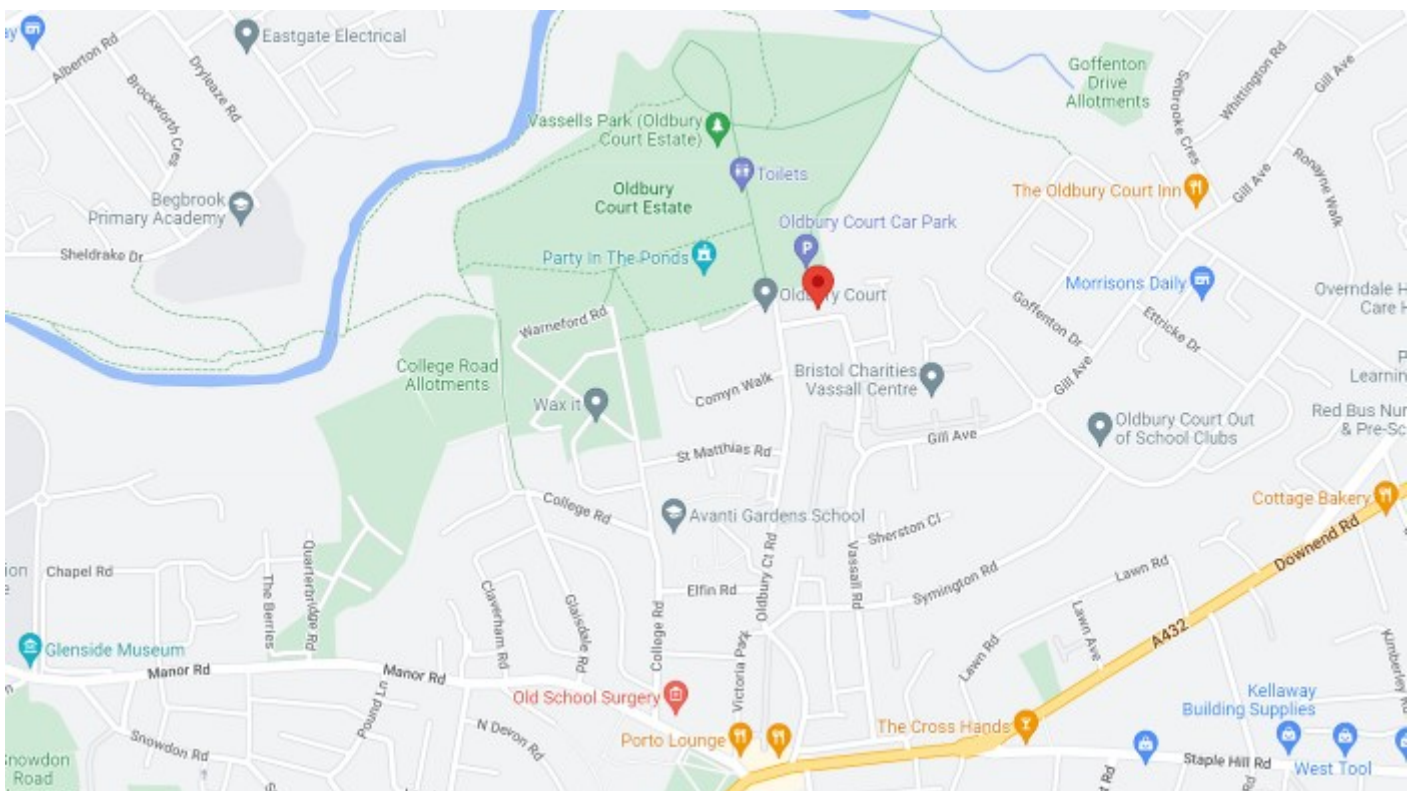
**Buses: 48 / 49** to Cross Hands (stop B), walk 8 minutes

**5** to Vassal Rd, walk 4 minutes

**Distance:** 2-3 miles

For more info on Nordic walking in Bristol see <https://bristolnordicwalking.co.uk/our-walks/beginners/>

**To book:** [www.eventbrite.co.uk/e/copy-of-february-walk-nordic-taster-and-oldbury-court-tickets-311212814907](http://www.eventbrite.co.uk/e/copy-of-february-walk-nordic-taster-and-oldbury-court-tickets-311212814907)



## September: The Bridge to Nowhere and Arnos Vale

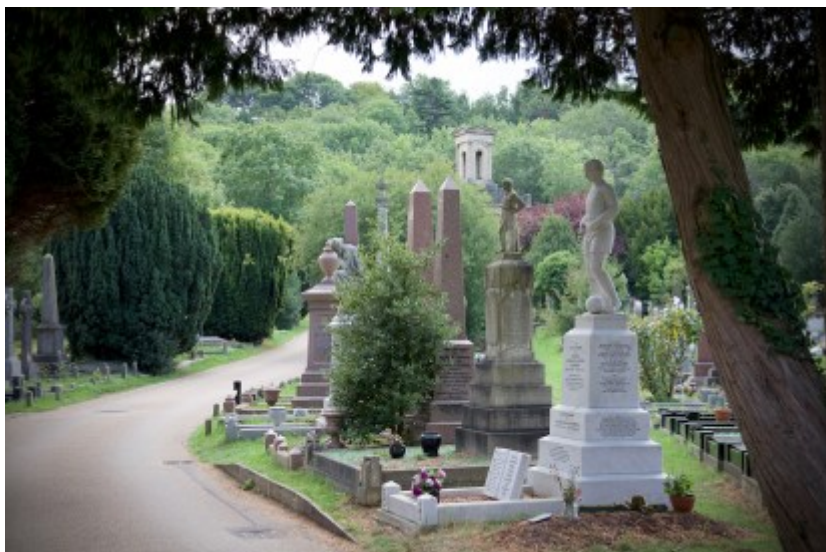


Image: thebristolmag.co.uk

### Tuesday 27th September

We will meet outside Temple Meads station (on the right hand side leaving front entrance, near the bus stop for 8 and 9 busses BS1 6QF between 10.30 and 11am

11am set off for walk to Arnos Vale (or you can meet us there) along the river Avon footpath

Walk around Arnos Vale cemetery

Lunch at the Bocabar or nearby cafe, then return on foot to Temple Meads station via same route. There are wild fruit trees on this route, so bring a bag if you are a forager!.

**Distance:** 4 miles

**Buses:** any to Temple Meads

**Parking:** Temple meads

**Book here:** <https://www.eventbrite.co.uk/e/september-walk-the-bridge-to-nowhere-and-arnos-vale-tickets-311237879877>

