

## Valeways introduces a new Stress Buster walking group

From late July Valeways will offer a new walk: the Stress Buster strollers. Anyone can experience stress, resulting from an array of anxieties, for example, about family, work, money, health, retirement, lack of sleep, bereavement. Stress can make people feel frustrated, upset, angry or nervous and can lead to people feeling lonely, cut off and isolated. In order to try to ease some of these feelings, Valeways will offer a Stress Buster stroll: a safe, guided walk by the sea and through woodlands, with a friendly, sociable group where people can chat freely. It is not a professional counselling service, just the offer of some time and space in the fresh air to hopefully provide a boost in mood and energy.

The NHS Every Mind Matters initiative encourages people to live a healthy, active life. One of their tips is to go walking, as this activity is a proven way to relieve stress and have a positive impact on the way an individual can feel. If you would like to enjoy a short stroll in beautiful surroundings and hopefully enrich your mood and outlook, please come and join the Stress Buster strollers on the last Tuesday of every month, meeting at 10.30, next to the Romilly Park tennis courts.

Valeways is a volunteer led organisation that provides a varied programme of guided walks throughout the Vale of Glamorgan. Including monthly strolls for Carers and those recovering from Cancer treatment and fortnightly strolls in Barry, Cosmeston Park, Cowbridge, Llantwit Major and Penarth to encourage exercise and a chance to socialise in local communities. All of these walks are free and open to all. For more details of the quarterly walking programme, visit their website: [www.valeways.org.uk](http://www.valeways.org.uk), a weekly programme is available on Facebook @valeways.

### Related images

**Stress Buster Strollers**

*A safe, calming walk to promote relaxation*  

Stress can make people feel frustrated, upset, angry or nervous. Valeways offers a guided walk through quiet woodlands and along the seafront with a friendly group to help relieve stress.

 **Date:** Last Tuesday of every month

 **Time:** 10:30am for 45-60 minutes

 **Where:** Romilly Park Tennis Courts, Barry, CF62 6RN

 **Cost:** Completely free!

Part of the Valeways walking programme  
For more information contact Valeways on 01446 749000 or visit [www.valeways.org.uk](http://www.valeways.org.uk)

