

Stress Buster Strollers

From July Valeways will offer a new walk: the Stress Buster Strollers. Everyone 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 encourages people with its Every Mind Matters initiative to live a healthy, active life. One of their tips is to go walking, as this activity is one 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.