

Valeways Launch Walk for Carers

The inaugural Carers walk took place at Barry Island on the last Thursday of April. The walkers experienced all 4 seasons in one hour as they strolled along the coastline. Winter rain on Nell's Point, Summer sunshine on the promenade, Autumn wind in the gardens and Spring showers on exiting the cafe!

New research by Carers UK claim 6.5 million people are carers, or 1 in 8 adults and it's anticipated that by 2037, the number of carers will increase to 9 million. Caring can be a lonely job and the walk for carers is offered to carers and their families to give some gentle exercise in a lovely seaside environment with good company!

Alan, a carer came along to the first walk and thoroughly enjoyed the walk , chat and tea!

If you would like to join us , we meet at the Barry Island train station on the last Thursday of every month at 10 30pm.

Lynne Frugniet – Valeways Walk Leader

