

Boscombe Wellbeing Walks

When and where?

The walks were set up in 2021 by BCP. The walks start at the entrance to Woodland Walk, near to Corpus Christi Church, and finish at Rosebery Park Baptist Church – see the map on the next page. The walks almost always go down to the clifftop and sometimes onto the promenade. There is usually a choice of two routes to suit walkers. The walks typically take about 50 minutes to an hour at an easy pace. We are usually between about 10 and 20 walkers.

The walks are on Tuesdays and Thursdays, starting at 10 a.m. and are almost never cancelled, whatever the weather.

Why walk?

Walking is good for you. Loads of organizations say this. The NHS says: ‘Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.’ But walking doesn’t just improve physical health. Walking improves mental health. Walking produces endorphins – sometimes called the ‘feel-good hormones’ – which in turn improves your mood. Studies have shown that walking, particularly in the outdoors, can:

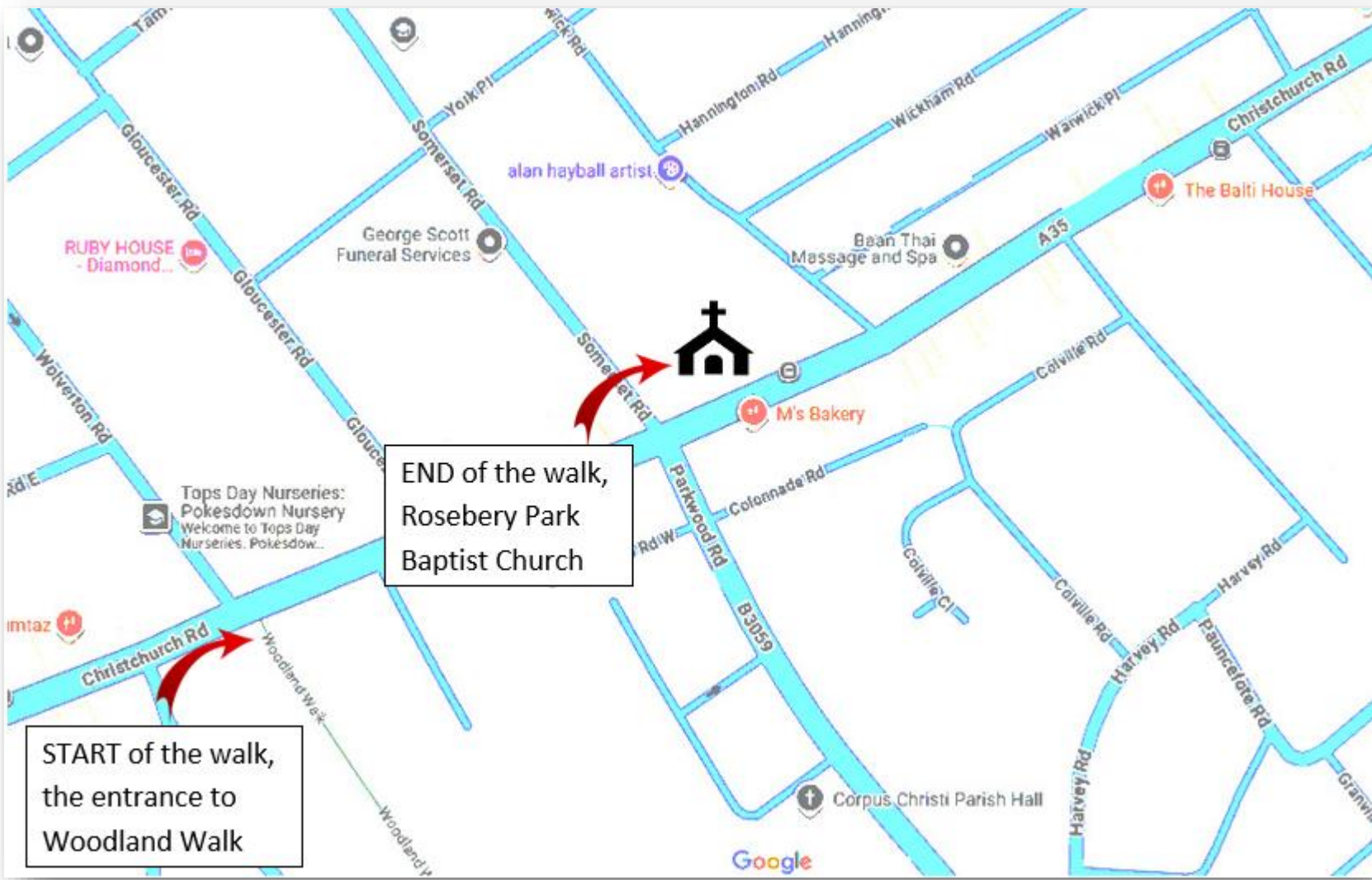
- improve your mood
- reduce stress
- manage anxiety
- help you sleep better
- increase your energy
- help you to cope with difficult times
- improve your confidence and self-esteem
- reduce the risk of depression

That’s a lot of benefits! But there’s more!

Coffee and cake!

When we meet and get to know people we become part of a community. That reduces loneliness and isolation. Chatting over coffee and cake is a great way to do that. And it’s free!





END of the walk,
Rosebery Park
Baptist Church

START of the walk,
the entrance to
Woodland Walk