



## Walking Together for a Blether

- reduce stress & anxiety ● help maintain weight & fitness ●
- lower feelings of isolation ● share your experience & learn from others ● invest in your own wellbeing ●

### Quarriers Parent Carer Support Service

invites you to join us on our monthly walking group. Our walks are mostly suitable for all, however if you require assistance or help to get to a location, please just let us know. We aim to walk in all weathers. So please remember to wear appropriate clothing such as comfortable shoes or boots, waterproofs in wet and colder weather and loose comfortable clothing in warm weather. Please also remember to bring a bottle of water with you. We are also happy to hear your suggestions of a favourite walk that you think others will enjoy.

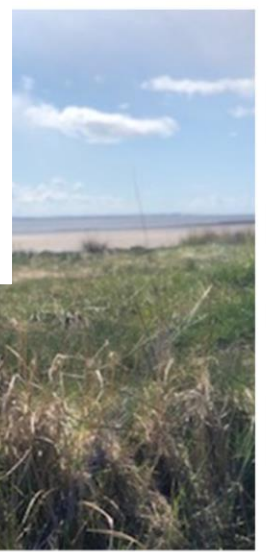
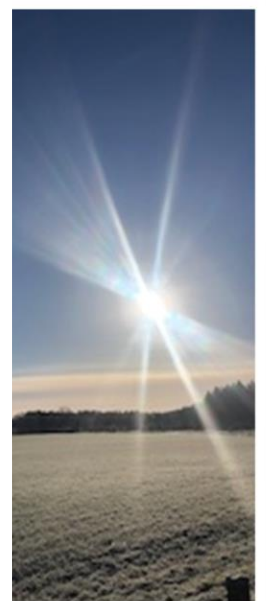
#### See below for Details:

**Dumfries – meeting at Dock Park Car Park at 10.00am on the following Tuesdays**

**30<sup>th</sup> January, 27<sup>th</sup> February, 26<sup>th</sup> March, 30<sup>th</sup> April**

**Stranraer – meeting at Agnew Park Car Park at 10.30am on the following Tuesdays**

**23<sup>rd</sup> January, 20<sup>th</sup> February, 19<sup>th</sup> March, 23<sup>rd</sup> April**



# QUARRIERS

Quarriers is a registered Scottish Charity No. SC001960

#### Quarriers Parent Carer Support Service

161 Brooms Road, Dumfries, DG1 2SH

Tel: 01387 249888

27 Church Street, Stranraer, DG9 7JG

Tel: 01776 705502

Email: [dgparentcarers@quarriers.org.uk](mailto:dgparentcarers@quarriers.org.uk)