

Wellbeing walking groups

Moreton

Every Wednesday at 10am.

Meet up location: War memorial cross,
outside Moreton Methodist Church.

Address: Pasture Rd, Moreton, Wirral
CH46 7TQ

Liscard

Every Tuesday at 10am.

Meet up location: The car park in
Central Park.

Address: Walled Garden, Liscard Rd,
Wallasey CH44 0BS

No booking required, just come along!
The walks last about 45 minutes.
All abilities welcome. We look forward
to seeing you!

Important Disclaimer attached.
Please read before joining our walks.
Your safety is our priority, but your
participation is your responsibility.

health
Junction


**MORETON
& MEOLS**
Primary Care Network



By participating in our walking group, you acknowledge and agree to the following:

1. Personal Responsibility:

- **Fitness & Health:** You are responsible for assessing your own physical fitness and health condition to ensure you are capable of completing the walk. If you have any medical conditions, injuries, or concerns, please consult a relevant health professional before participating.
- **Medication:** You are responsible for carrying any necessary personal medication (e.g., inhalers, epi-pens) and ensuring they are accessible.
- **Preparation:** You are responsible for wearing appropriate footwear and clothing suitable for the weather conditions and terrain, and for bringing adequate water and any personal snacks.

2. Walk Leaders' Role:

- Our walk leaders are not professional mountain guides, medical professionals, or first aid responders.
- They lead the group and aim to ensure a safe and enjoyable experience, but they are not responsible for individual participants' safety or wellbeing beyond reasonable care.

3. Risks & Liability:

- Walking carries inherent risks including, but not limited to, slips, trips, falls, uneven terrain, adverse weather conditions, and potential injuries.
- The organisers/walk leaders accept no liability for any personal injury, loss, damage to property, or inconvenience incurred during or as a result of participation in any walking group activity.

4. During the Walk:

- Please stay with the main group and inform the walk leader if you need to leave the group for any reason.
- Follow any instructions or advice given by the walk leader.
- This is an Adult Walk only walk no children allowed.
- Dogs are not permitted on this walk unless they are guide or therapy dogs which must be kept on a lead and under control at all times.

5. Cancellations:

- Walks may be cancelled or altered at short notice due to adverse weather conditions or unforeseen circumstances. We will always try to let you know of any cancellations in advance, or if there is no walk leader there within 15 mins of the start time then the walk has been cancelled.

By joining our walk, you confirm that you have read, understood, and agree to this disclaimer.

Marta Szalaty - Health and Wellbeing Coach, tel: 07501983603 email: Marta.szalaty@nhs.net (Liscard walk)

Abi Young - Health and Wellbeing Coach, tel: 07350422497, email: Abi.young@nhs.net (Liscard walk)

Max Prescott - Health and Wellbeing Coach, tel: 07467521940, email: Max.Prescott@nhs.net (Moreton walk)