

Walk & Talk Project

Frequently Asked Questions



The Carers' Support Centre

Will the walks take place in bad weather?

The walks take place in all weather conditions, apart from if amber or red weather warnings have been issued. We recommend walk members wear weather appropriate clothing and footwear to join the walks. We understand that as carers, you might be a bit more cautious to go out in all weather conditions, so please just let us know if you are unable to attend.

Can I bring my dog on the walk?

If you would like to bring your dog on the walk, please let us know at the time of booking (including size of dog & behavior around people/other dogs etc) and we will check with all group members if they are happy for the dog to join the group. We cannot guarantee that you will be able to bring your dog as not everyone feels comfortable around dogs.

Is the walk accessible?

Our walks provide an inclusive opportunity for carers (and dependents at appropriate sessions) to take part in the walk. We can plan the route to suit group members, including people using mobility aids.

Can I bring the person I care for on the walks?

Most of our walk and talk groups are just for carers but we do offer some groups for carers with the person they care for. Dependents (aged 16+) can join walk and talk groups for carers with dependents. We do not provide care for dependents and carers need to be present during the sessions.

I would like to join a walk and talk group but feel nervous or anxious, can you help?

Yes! Lots of people feel nervous or anxious about joining a group and meeting new people. Our groups are very relaxed with no pressure to talk and the walk leader is happy to call and chat with you before booking a place to help alleviate your worries and support you to join the group. We can meet you prior to the walk if needed so you will already know a familiar face.

What happens after the 6 weeks of led walks?

During the 6 weeks of walks, group members will have the opportunity to discuss how they might continue to meet for walks independently after the led sessions come to an end. The walk leader can support you to plan a date, time and route to meet for independent walks. Some groups continue to meet weekly, others meet monthly. With your permission, we can share your contact details so you can keep in touch.

What isn't included in the 'Walk & Talk' program?

Although during the walk & talk sessions we discuss wellbeing, the groups are not a substitute for therapy and our walk leaders are not qualified therapists or counsellors. We are happy to help group members to look into therapy services available and how to apply.