

Walk and Talk patient feedback



"It is a fantastic group, we had really good conversation and all got to know each other. I felt like I really connected with some of the other members and I can't wait to come again!"



"This is my first time at walk and talk and I definitely will be back. A really friendly group, and a lovely walk around the park."



"I love coming to walk and talk it is the highlight of my week", "I don't feel lonely when I come to walk and talk on Thursdays"

"I really look forward to Thursdays. Everyone is lovely. Living on my own can make me feel lonely. So Thursday's walk and talk is the highlight of my week."

"The walk and talk is great. It gets me out of the house and I have a good laugh."

"I love this group and even though I struggle to walk, nobody judges me. I love chatting after with a coffee. I look forward to it"



"The first time I came to Walk and Talk, I was too anxious to stay. But everyone was so kind and supported me to come back that now, I never want to go home at the end of the session."



"I will always support this group because you have listened to everything I have ever said and created the group to support people like me who would otherwise be very lonely and isolated. I really appreciate the effort you've put into setting this up for us and I will be there every week I possibly can."

