



Derbyshire  
Carers  
Association

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## Wellbeing Walk and Lunch

Friday 20th May @ 10.30am

In partnership with  
 UNIVERSITY OF  
DERBY

 community chesterfield  
"putting the uni in community"

### In Partnership with the University of Derby

The University of Derby would like the chance for Carers and Student Nurses to talk informally about caring, the impacts on your wellbeing, and how health professionals can support you!

**Join our wellbeing walk and lunch at Baslow, Derbyshire on Friday 20th May at 10.30am**

The walk, organised by Community Chesterfield, starts from Baslow (Nether End Car Park, DE45 1SR). You will take part in a mindfulness activity followed by a 40 minute walk to Chatsworth. Lunch will be provided in the courtyard at Chatsworth House before your walk back to Baslow.

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: **katie.matkin@derbyshirecarers.co.uk**