

wellbeing walkies support pack



Thank you for choosing to join our paw-mazing challenge and walk 95km with your dog this September to raise money for TIC+.

With your help, we can ensure that every young person in Gloucestershire gets the support they need with their mental health.

Inside this support pack you'll find a little more about why we've decided to create the Wellbeing Walkies Challenge, as well as a short guide to some dog friendly walks across Gloucestershire.

www.ticplus.org.uk



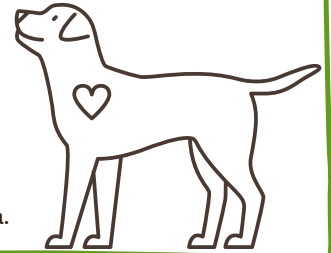
The challenge

Walk 95km this September with your pooch, friends, family or on your own to raise money for TIC+. Whatever you aim to raise, please know that it will make a real difference to ensuring all the young people of Gloucestershire get the support they need.

Impaw-tant information

- WHERE:** Where ever your feet or paws take you!
- WHO WITH:** With your canine pal, on your own or with family or friends
- HOW MUCH:** There is no fee to take part but we ask that you commit to raising £25

Email us at fundraising@ticplus.org.uk to sign up so we know where to send your TIC+ dog bandana.



At TIC+ we all adore spending time with our four-legged friends and we know walking is a great way to look after our physical and mental wellbeing – so, we've combined the two into a fun fundraising challenge that friends, family and colleagues can get involved in.

Why are we asking you to walk 95km? That number represents something that we are very proud of. When asked, and 95% of our young people said that counselling has improved their mental well-being. Now if that isn't something to celebrate, we don't know what is!

Taking care of your pooch in the heat

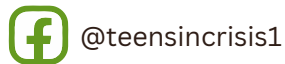
In case we are lucky enough to have an 'Indian Summer' in September, it could still be hot for your pooch's. If this is the case, we suggest getting your km's in early in the morning or later in the evening when it's cooler. But you can choose to walk with or without your dog, it's completely up to you. The RSPCA have lots of helpful advice on their website about this too.

Keeping track of your Km's

There is no pressure to log the distance walked with us, but we have included a really handy tracker page in the support pack. Alternatively, you could download Strava or MapMyWalk and share your progress that way.

Keep in touch

Please tag us in to your fab pictures on social media as we'd love to see how you and your furry friends are getting on.



**Thank you in advance. We all think you are paw-some for joining us
in this paw-fect fundraiser!
(Sorry, we'll stop now)**



Dogs and wellbeing

How do dogs help with our wellbeing?

Here's just a few ways walking our pooch's can have huge benefits for both our physical and mental health.

Helps us get exercise (and fresh air!)

Exercise is good for mental health, so having a dog in your family is a great reason to get out and about. Dogs require regular exercise and generally love walks. Because they need exercise, this encourages their owners to take them out even when they may not themselves feel like it.

Improves anxiety

Studies have shown that stroking a pet can regulate breathing, lower blood pressure, relax muscle tension and slow heart rates; all signs of anxiety and stress. It can release serotonin and dopamine – happy hormones – which relax us and improve our mood.

Encourages us to be more social

Having a pet can help people become more social too. Many dog owners love to stop for a chat on their daily walk. But all pets provide a commonality with friends and strangers and gives us something to talk about. With the love of pets on social media, isolated people can develop new friendships and relationships by sharing their pets photographs and joining in conversations on Facebook and Instagram.

Helps with loneliness

A well-known cause of low mood and depression is feelings of loneliness. Having the companionship of a pet can help to reduce these feelings by having 'someone' to talk to or to give and receive cuddles. Pets are great listeners, don't give their opinions, are grateful for attention and always appreciative when you feed them! They give unconditional love, which can be essential for people who feel alone.

Gives you structure and focus

Pets don't care if you're tired, unhappy or don't want to get out of bed – they need feeding, walking and looking after. Having a pet can give the structure needed to get through the day, even when you're feeling low. Caring for a pet can also remind us that we need to care for ourselves too.

If you know someone aged 9-25 years in Gloucestershire that is struggling with mental health issues, please signpost them to www.ticplus.org.uk



Walks in Gloucestershire

There are no shortage of walks in and around our beautiful county of Gloucestershire. You and your pooch could spend weeks taking the different dog friendly walks there are.

We have put together some of our favourites routes to inspire you, along with important information such as parking, toilet facilities and where to get refreshments!

Forest of Dean

For perhaps the most popular dog friendly walks in Gloucestershire, head to the stunning landscapes of the Forest of Dean. It's lovely and cool under the trees too, making it an ideal place to walk anytime of the day!

Beechenhurst has several trails, ranging from 1km to 13km. It is also home to a lovely café serving light lunches and refreshments and an outdoor picnic area, where people are welcome to sit with their dogs. If your dog doesn't have great recall, they are best kept on the lead for walks as per their dog walking guidelines.

Mallards Pike - There are a few walking trails at Mallards Pike including a surfaced 0.8km trail suitable for wheelchairs and pushchairs. It follows the lakeside and has benches along the route to allow you to admire the stunning view.

The middle route links Mallards Pike with a popular picnic spot of Wenchford. Looking for a challenge? There are a trio of walks between Mallards Pike and Soudley Ponds and these routes can be combined into one 10 mile walk around the woods and lakes that you and the pup will love. If you fancy a snack, there's picnic areas and a cafe onsite too.

Walk Length:	0.8km to 16km
Difficulty:	Easy to Challenging
Starting Point:	Car park/entrance
Terrain:	Path, flat, even, woodland, trails, uneven
Free Parking:	Yes
Address:	Mallards Pike, Gloucestershire, GL15 4HD
More Information:	https://www.forestryengland.uk/sites/default/files/documents/Beechenhurst%20walking%20trails%20-%20website%20-%20May%202022.pdf

https://www.forestryengland.uk/sites/default/files/documents/Mallards%20Pike%20walking%20trails%20-%20website%20-%20Sep%2020_0.pdf



Cheltenham

Pittville Park is the largest park in Cheltenham. It's a fantastic space to take the dog for long walks and perfect for fetch and ball games.

The park itself is split in two parts, one side has a cafe, huge playground, playing fields, lakes and features the Pittville Pump Rooms. For your furry friend, the cafe usually stocks dog-friendly ice-cream! There are facilities aplenty on site, as well as lots of open space where kids and dogs can run around. If you fancy a calmer walk, you can stroll around the west of the park to admire the trees and flowers or stroll around any of the lakes. There's plenty of free parking dotted around the park too.

Walk Length:	As long or short as you like
Difficulty:	Easy
Starting Point:	Park entrance
Terrain:	Paths, flat, fields
Free Parking:	Yes
Address:	(paid car park) East Approach Drive, Cheltenham, Gloucestershire, GL52 3JE
More information:	https://www.visitcheltenham.com/things-to-do/pittville-park-p395933

Cleeve Hill Common

Cleeve Hill Common rewards walkers with incredible views over Cheltenham, Tewkesbury and beyond. With intersecting footpaths to follow, the site offers different routes for you to explore with your furry companions. Drinks and meals are available at the Golf Club and the Rising Sun Hotel (Cleeve Hill) where there is also parking for customers.

Please note that there are no public conveniences on or next to the Common unless you are a customer of the Golf Club.

Walk Length:	6 miles or 9.7km. Shorter route 4 miles or 6.4km.
Difficulty:	Moderate, stiles on some trails and some steep sections.
Starting Point:	Quarry Car Park
Terrain:	Long route steep sections, easy route mainly level
Free Parking:	No, they have just introduced a £2 per day fee at the gold club and quarry car parks
Address:	Southam, Cheltenham GL54 4EU
More information:	https://www.nationaltrail.co.uk/app/uploads/walk_5_cleeve_common_circular_walk_final_0.pdf

Please be aware that from April to November there are cattle and sheep grazing and within those months you are advised to keep your dog on a lead.



Crickley Hill Country Park

This country park is within the Cotswolds Area of Outstanding Natural Beauty. Take a serene stroll through rolling hills and fields where you and the pup can stretch your legs while enjoying beautiful views over the Severn Vale, as far as the Black Mountains in Wales.

Dogs must be on a lead between 1st March and 31st July, and you'll need to have them under close control if you come across any of the Belted Galloways (cattle) that graze there.

The visitor centre in the park provides all the facilities you could need, including a café. There are also plenty of picnic spots and benches so you can enjoy a snack amidst the pretty landscape.

Walk Length:	5.3km
Difficulty:	Moderate
Starting Point:	Crickley Hill visitor centre
Terrain:	Trails, grassland, hills, even
Free Parking:	No
Address:	Birdlip, Gloucester, GL4 8JY
More information:	https://www.gloucestershirewildlifetrust.co.uk/crickley-hill-explore

Minchinhampton & Rodborough Common

This is one of the most beautiful short, dog friendly walks in Gloucestershire. A walk through Minchinhampton and Rodborough commons is great not just for exercising the pooch but enjoying some rare and wonderful wildlife and for exceptional views of the Stroud Valley and Severn Estuary. Please be aware that cattle graze the land, so the National Trust advises that dogs stay on the lead. There are no facilities on the commons except for benches for paw-sing to rest and savour the splendid scenery. After your walk, if you fancy refreshments, you can head to the Kings Head which welcomes pets, except during food service. Otherwise stop by The Old Fleece or The Royal Oak which are dog-friendly.

Walk Length:	1.6km
Difficulty:	Easy
Starting Point:	Rodborough Common Car Park
Terrain:	Trails, hills, even, grassland
Free Parking:	Yes
Address:	Rodborough Common, Stroud, GL5 5BL
More information:	https://www.nationaltrust.org.uk/minchinhampton-and-rodborough-commons/trails/rodborough-cowslip-and-purple-orchid-walk



Stow on the Wold to Bourton on the Water

This is a gorgeous dog-friendly walk through two of the most attractive Cotswolds towns, quintessential countryside and includes a stroll alongside the river. You can start this walk in either town but be aware that Stow-on-the-Wold is the highest town in the Cotswolds, so expect a steep climb to get to it. Because of that, we suggest starting in Bourton-on-the-Water so you can tackle the hill halfway through the walk and not at the end!

There are plenty of opportunities to rest and refresh you and your dog on this walk, with many local shops, pubs and tearooms in both towns. Bourton-on-the-Water has more dog-friendly offerings of the two.

Walk Length:	16.7km
Difficulty:	Moderate
Starting Point:	Bourton-on-the-Water
Terrain:	Paths, trails, flat, hills, grassland
Free Parking:	Yes (2 hours)
Address:	Rissington Road, Bourton-on-the-Water, GL54 2BN
More information:	https://www.alltrails.com/trail/england/gloucestershire/bourton-on-the-water-and-stow-on-the-wold-circular

Marshfield

This hidden gem in the Gloucestershire countryside is everything that makes the British countryside special. From lush green fields, crystal-clear streams, to majestic forests and wonderful wildlife, this walk has them all in spades.

This route starts in the village of Marshfield and meanders around the local countryside, including a trip into the sleepy hamlet of West Kingston before you emerge in the secretive Shire Valley.

You can park in the marketplace or high street of Marshfield and use the local facilities there at the start or end of the walk. Your pooch is welcome to join you in the bar of the Lord Nelson Inn or The Catherine Wheel.

Walk Length:	11.3km
Difficulty:	Moderate
Starting Point:	Marshfield
Terrain:	Paths, trails, fields, flat
Free Parking:	Yes
Address:	39 High Street, Marshfield, Chippenham, SN14 8LR
More information:	https://www.countryfile.com/go-outdoors/walks/walk-marshfield-south-gloucestershire/



Woodchester Park

The secluded wooded valley of Woodchester Park holds the remains of the 18th and 19th-century landscape park and mansion, which is now a tranquil area perfect for dog-friendly walks in Gloucestershire.

As well as the cooling woodland, there are five lakes you can walk around or relax by. One of the lakes houses a heronry on an island, whilst the quaint little boathouse is home to hundreds of bats. The area is a pocket of untouched nature and haven for anyone who wants to enjoy a quiet walk with their dog amidst gorgeous natural surroundings. Please note, dogs must be on leads for all walks here.

There are three trails to take, and the circular boathouse walk takes you around a lake and to the secretive hut hidden away in the woods. The ground can be steep and muddy, so it's a good idea to have good walking shoes on. If the mansion is open, you can paw-se for refreshments there, or picnic by the old kennels. The nearest pub is in Nymphsfield Village.

Walk Length:	5.6km
Difficulty:	Moderate
Starting Point:	Car park
Terrain:	Trails, uneven, woodland, slopes
Free Parking:	No
More information:	https://www.nationaltrust.org.uk/woodchester-park/trails/woodchester-park-boathouse-walk

Cotswold Waterpark

The Cotswold Waterpark is set in 40 square miles of Cotswold Countryside. There is something for everyone with walking routes ranging from 5km to 18km. Walk for 45 mins, or a couple of hours!

Walk Length:	5km to 18km
Difficulty:	Various
Terrain:	Mainly level
Free Parking:	Yes
Address:	Gateway Visitor Centre, Lake 6 Spine Rd, South Cerney GL7 5TL (open 7 days a week)
More information:	https://waterpark.org/wp-content/uploads/2017/04/2017_Walks-Guide.pdf




wellbeing walkies challenge tracker

Use the paw prints on this sheet to keep track of your daily mile count



1st	2nd	3rd	4th	5th	6th
7th	8th	9th	10th	11th	12th
13th	14th	15th	16th	17th	18th
19th	20th	21st	22nd	23rd	24th
25th	26th	27th	28th	29th	30th

Please tag us in your fab pictures on social media as we'd love to see how you and your furry friends are getting on.

 @teensincrisis1

 @tic.plus

 @TICplus_



Total Distance Walked

