

STEPPING OUT TO IMPROVED WELLBEING

Promote Wellbeing with Positive Steps Outdoors!

We are a social enterprise committed to empowering your team's mental health with our Spring & Summer 2024 Healthy Hikes Programme:

Unhurried Walks: Enjoy leisurely hikes amidst nature's beauty.

Flexible: Midweek and weekend sessions available.

Mindfulness Coaching: Enhance wellbeing through mindfulness techniques.

Safe & Accessible: Suitable for all fitness levels, led by qualified guides with thorough risk assessments and comprehensive insurances.

Equipment: Hassle-free with equipment loans at no extra cost available.

No Pressure, Just Wellbeing!

CONTACT US

- alan@psocic.com
- www.psocic.com
- 07732369955



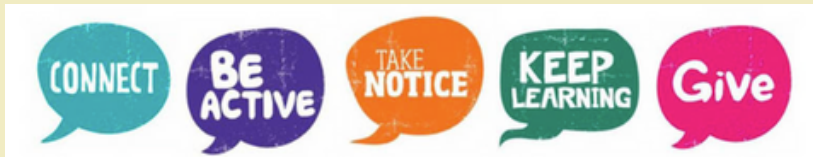
HEALTHY HIKES 2024

GET ACTIVE | BE MINDFUL | CONNECT WITH OTHERS | LEARN | TALK



Prioritizing Staff Wellbeing!

The impact of negative mental and physical health extends far beyond individuals, affecting families, communities, workplaces, and organizations alike. That's why fostering positive mental and physical health is crucial. One effective approach is to offer opportunities to practice the Public Health Agency's '5 Steps to Wellbeing':



Indulge in a revitalizing journey toward better mental and physical health by embracing the '5 Steps to Wellbeing' with Positive Steps Outdoors! Our programme offers midweek and weekend sessions, with morning and afternoon options available. Experience leisurely walks paired with mindfulness coaching, suitable for individuals of all fitness levels. Led by expert walk leaders and coaches, and worry not about equipment – we've got you covered. Join us for an experience free from pressure or expectations – just pure enjoyment awaits!



Healthy Hikes Details

- **Midweek walks:** AM/PM options (3-4 hours each) - £40 per place.
- **Weekend walks:** Full day (5-6 hours) - £55 per place.



- Donard Forest / Millstone Mountain, Newcastle - Fri 10 May & Sun 12 May
- Divis and Black Mountains, Belfast - Fri 31 May & Sat 01 Jun
- Tollymore Forest Park, Newcastle - Fri 14 Jun & Sat 29 Jun
- Sallagh Braes, Carncastle - Fri 26 Jul & Sun 28 Jul
- Lough Shannagh, Mourne Mountains, Attical, Newry - Fri 16 Aug & Sat 17 Aug
- Hare's Gap, Meemore Lodge, Mourne Mountains - Fri 27 Sep & Sat 28 Sep

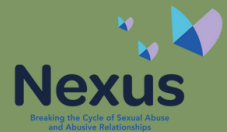
- ✓ QUALIFIED LEADERS
- ✓ COUNSELLORS/ COACHES
- ✓ QUALIFIED FIRST AIDERS
- ✓ RISK ASSESSED & INSURED
- ✓ LOAN EQUIPMENT
- ✓ FUN

**DON'T MISS OUT.
OUR EVENTS ARE
POPULAR.**

❤️ SUPPORT OTHERS WHILE EMPOWERING YOUR TEAM!

Support your staff and uplift the more vulnerable in our society by funding bursary places. 💰 £100 secures 2 places for individuals supported by your charity partners or those we collaborate with.

[LEARN MORE & RESERVE
YOUR PLACE HERE](#)



📣 Recognition & Appreciation:

- Acknowledgment on the charity's social media platforms.
- Recognition on social media by our patron, Carl Frampton.
- A write-up and photography of the event.
- Opportunity to attend a special thank-you walk.