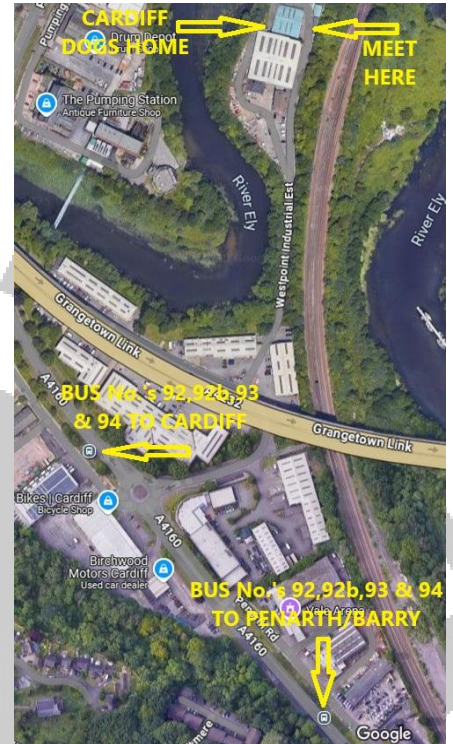


# 1 PM ALTERNATE FRIDAYS – GROUP DOG WALKS, CARDIFF DOGS HOME (CDH)



Always a popular activity, as dog walking can be so therapeutic. Our group dog walks can improve mental health, increase physical activity, & help reduce stress. It can help lift a participants mood & reduce symptoms of depression & anxiety. Also, there is no denying the pooches we walk are cute, affectionate & fun.



We meet every second Friday at the Dogs Home at 1 pm. There is a short wait whilst the staff allocate an appropriate dog, collect from the kennels & bring it out to us. We then walk the dog around the area in small groups (dependent on numbers) of two or three for around half an hour.

Only folks who have completed the Cardiff Dogs Home dog walking induction & become Registered Volunteer Dog Walkers (RVDW) are authorised to take a dog out. You can complete a short on-site induction with the Dogs Home to become an RVDW by visiting the link below. You can then dog walk anytime you wish, independent of the Phoenix Heroes.

[Sign up to be a dog walker – Cardiff Dogs Home](#)



How to get there? See 'Participant Lift' & 'CDH Public Transport' fliers.