





Every Second Thursday

- 9th May
- 13th June
- 11th July
- 8th August
- 12th Sept

WELLBEING WALK

IN ASSOCIATION WITH

New Springwells Practice

- Meet inside St Andrew's Church at 10am.
- Every Second Thursday of the Month.Walks will be 1 hour followed by drinks inside the Church.
- A monthly walk which is free and suitable for all abilities.

Recruiting Volunteers

If you would be interested in coming along and volunteering with our walk, please let one of our walk leaders know or get in touch via the contact details.

Contact Jen jennifer.pitt3@nhs.net 07789533703

Healthcare