



# Together We Walk



**Walk Your Way to Wellness - Join the Journey**

 [togetherwewalk@ageuknotts.org.uk](mailto:togetherwewalk@ageuknotts.org.uk)

 **0115 896 6906**

 [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)

 **Charity no 1067881**



# Together We Walk

Our walking groups promote better health and wellbeing through regular exercise and the chance to build strong social connections within our beautiful city and county. Whether you are here for fitness, friendship or fresh air, you'll be part of a supportive and inclusive group.

**Here's what some of our walkers have said about the benefits they feel:**

**'People report better mobility and a more confident outlook – we hope you enjoy those benefits, too.'**

**'I feel more connected to nature and less stressed after every walk.'**

**'I'm so happy when some walkers shared that they 'have a reason to get dressed and go outside every Wednesday.'**

**To find out more, contact:**



**Paul Goddard on 0115 896 6906**



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**visit us at [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)**



## Our walks

We're currently offering gentle walks in Sneinton, the Arboretum and Highfields and we're adding new walks all the time. You can find out more about the walks (what you'll see, the terrain etc) on our website.

[www.ageuk.org.uk/notts/activities-and-events/togetherwewalk](http://www.ageuk.org.uk/notts/activities-and-events/togetherwewalk)

All walks are led by qualified volunteer walk leaders.

## Costs

We're pleased to offer the first 3 months of membership for free. Thereafter, membership costs £10 per month (payable by Direct Debit).

Included in that membership fee is:

- Access to as many walks as you want to do
- 10% discount on any tickets purchased for Social Calendar events
- Access to free events as and when they become available (subject to maximum numbers permissible by the organisers)
- Our Local loop e-newsletter sent directly to your email inbox on a monthly basis

## How to join

We'll discuss your needs, your current levels of activity and your preferred location(s) and complete all necessary paperwork ahead of your first walk.

**To find out more, contact**



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**Everything we do, we do to make a positive difference to everybody that we interact with.**

**We show integrity and treat each other with respect, kindness, and compassion, celebrating our differences and our diverse community.**

**For more information on any of our services, please contact us:**

**Age UK Nottingham & Nottinghamshire**

**The Lifestyle Centre  
16-18 Bridgeway Centre  
Nottingham  
NG2 2JD**



**0115 844 0011**



**info@ageuknotts.org.uk**



**www.ageuknotts.org.uk**



**[www.ageuk.org.uk/notts/get-involved/donate/](http://www.ageuk.org.uk/notts/get-involved/donate/)**

**Follow us on social media:**



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Registered office: The Sybil Levin Centre, 577a Nuthall Rd, Nottingham NG8 6AD.  
V1.2 December 2025

