

# Mooch & Mingle

A walking group for those with limited mobility who would like to get out a bit more and meet new people in a safe and supportive environment.

When it is raining, we meet by the pavilion under the shelter. During the winter months we have access to the pavilion next to the bowling green, which is heated and have access to the kitchen for hot drinks. In the Spring/Summer months we meet by the picnic benches next to the car park. Everyone walks at their own risk.

**For further information,  
please contact:**

Walk For Health-Stockport:  
walkforhealthstockport@outlook.com  
07926931785

*For different abilities, we have two other walks:*  
- **Abney Hall Wanderers** is a 30-40 minute walk round the area. It is suitable for people who like a weekly walk but one not too long in distance.  
- **Woodbank Wanderers** is a longer distance walk for individuals happy to explore various areas of the Peak District/ Stockport. This walk ranges between 1- 4hrs depending on location and weather conditions.

We meet at:  
**Alexandra Park** in  
Edgeley **12:30pm until  
2:00pm** every **Thursday**

Greater Manchester  
**Walking**

Greater Manchester  
**WALKING VOICE**

