

Paulton Social Walkers Programme for January – March 2019



Age UK B&NES would like to encourage walkers who are able to walk for up to 1.5-2 hours.

Please note: wear good shoes and appropriate clothing for the weather. Trousers will protect your legs against nettles and ticks.

(ALL WALKS COMMENCE AT 10.00 AM FROM PAULTON OUTSIDE THE HUB IN THE PRECINCT)

- 22.01.2019 Monger Lane
- 12.02.2019 Chew Valley Lake (Cars)
- 26.02.2019 Focus
- 12.03.2019 Ammerdown (Cars)
- 26.03.2019 Withy Mills

Please allow extra time for travelling to walks outside Paulton

We look forward to seeing you on the above dates.

It would be great to hear if you have any suggestions for walks – you may have a favourite that we haven't covered.

Anne and Jackie

(YOUR AGE UK B&NES WALK LEADERS)

Please note that for safety reasons walks may have to change depending on underfoot conditions, but we advise that you always wear appropriate footwear.

New Guidelines

We have been advised that under the terms of the AGE UK Insurance, we cannot allow anyone under the age of 55, including children and teenagers or people with debilitating injuries (eg. broken arm, wrist etc.) or dogs to come on our walks.

This walking group is part of the 'Active' project run by Age UK B&NES. Anne Lyons and Jackie Woodland are volunteers working with **Age UK B&NES** to devise, risk-assess and lead these walks.

For further information about these walks phone:

Telephone numbers for Anne: Home: 01761414311 Mobile: 07879641052

Telephone numbers for Jackie: Home: 01761415043 Mobile: 07974525383

For information about other Age UK walks in the B&NES area call Phil Densley on 01225 484510