

## **Paulton Social Walkers Programme for October to December 2018**



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)**

- 09.10.2018 Simons Hill
- 23.10.2018 Camerton to Carlingcott (Cars)
- 13.11.2018 Hallatrow
- 27.11.2018 Mells – the other walk (Cars)
- 11.12.2018 Christmas Meal – venue to be advised
- 25.12.2018 Christmas Day – no walk!!
- 08.01.2019 Widcombe – Cars to Park & Ride**

**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.

Anne can take 4 passengers on short journeys but for comfort, only 3 for longish ones, Jackie can only take 2 passengers so if anyone is willing to drive to our outside Paulton walks – we would be very grateful.

**The group is now at maximum membership so there is a waiting list – please ask any potential walkers to contact Age UK B&NES to check availability.**

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 Michelle Tarrant on 01225 484510