Sweet was the walk along the narrow lane at noon, the bank and hedge-rows all the way

William Wordsworth

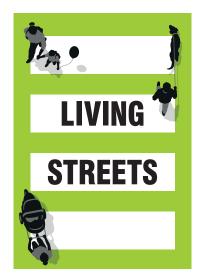
For exercise
For friends
For feeling good



Join Streets Apart's neighbourhood walks in your area

0756 678 9456
Tracey.chitnis
@livingstreets.org.uk

Bring a friend or family member!



Streets Apart is a
City Bridge Trust funded project
from Living Streets, a national
walking charity





Small group walking for over 65's in Essex

Organised by Living Streets, a walking charity

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland), Company Limited by Guarantee (England & Wales), Company Registration No. 5368409. Registered office: 2 America Square, Aldgate, London, EC3N 2LU.

## Free walks in your neighbourhood

We want to make it easy for people over 65 to enjoy the outdoors, get regular gentle exercise and meet new people.



The walk is for an hour each week and the distance can vary to suit you. Our walks end at a nearby café.

Our walk leaders are often over 65's so if you'd like to become a volunteer leader, get in touch!

### What's good about walking?

During the long Corona Virus pandemic, many people missed being out and about. Enjoying the outdoors and meeting new people has been more difficult.

#### **Weekly walking with Streets Apart**

- gives back that sense of freedom
- gets you out in the fresh air
- gets you exercising regularly
- makes it easy to reconnect with others in your local community
- lets you find new places and routes
- builds confidence to walk further



# We are looking for new members so we'd love you to join us us

In each area, we get walks started and train volunteers to lead them.

You can take part as a member or volunteer and the group will never be more than 8 people.

We currently have walks in Romford, Woodford, Upminster, Barkingside, Ilford, Wanstead, Clayhall, Hornchurch, Harold Hill and Dagenham.

We want to run more in Barking, Chadwell Heath, Becontree and many other places!

#### Contact us on

0756 678 9456

Tracey.chitnis@livingstreets.org.uk

Facebook: Streets Apart Walking With Over 65's in Essex