



Laps for Loneliness

Ready for a fun new fitness challenge?

Join us at Thornes Park track

16th May between 10am and 1pm

This is a fun family event for all abilities and ages including wheelchairs and pushchairs. You can decide how many laps of the track you would like to complete either walking, jogging or running (Skipping and hopping and fancy dress are also encouraged!)

By gaining sponsors, you can help support the Age UK Wakefield District Befriending service, creating new friendships between volunteers and local older people who feel lonely and isolated.

All entries will be awarded with a medal on completion and a guaranteed feeling of achievement!

Registration fee for the Laps for Loneliness event is

£5 for adults and £2 for children

To register go to <https://bit.ly/lapsforloneliness>





I May Move

If another form of movement feels more “you” why not commit to move a little more during the month of May? Any movement counts, whether that’s swimming, cycling or dancing in the kitchen!

Sponsorship not only helps support the vital work our charity does across the district, but helps you keep on track with your personal fitness challenge.

Whether on your own or as part of a team, get everyone involved—friends, family, colleagues, and local businesses can all sponsor you or join in to make a difference!



“I took part in I May Move because I wanted an incentive to get back to exercise and I knew that having sponsorship would keep me motivated. I decided to walk everyday in May, that way, I could get outside and had my parents join me for some of the walks. It was a challenge on my busier days, but even a walk around the block counted. I enjoyed the challenge and raised money for a fantastic charity and that's what really counts.”

“When you feel lonely, every day is the same. It doesn't matter if it's Monday or the weekend, it's just another day to get through. When Age UK Wakefield District suggested I could have a visit from a Befriender, I thought I had nothing to lose so why not give it a go? Meeting Matt has changed my life, I have something to look forward to, someone to laugh with and it's grown my confidence to get out and about more too. I never expected I could feel like this again!

Thank you, thank you, thank you, to everyone who fundraises to support Befriending.”

