



## Macmillan Beyond Diagnosis Cancer Support

### Nottinghamshire walking groups

Looking to get out and about in the fresh air and make new friends? If so, come and join our new Self Help UK walking groups.

Join either (or both) of our FREE groups for a walk and talk in the green leafy surroundings of Forest Recreation Ground and Newark canal pathways and have a cuppa along the way. It's a chance to get to know others, make new friends and engage in gentle physical exercise.

Groups are held weekly and will be tailored to suit different abilities.

**Location & Times** – **Forest Recreation Ground** (provides generally flat wide paths, some with a slight incline and decline suitable for socially distance walks) **From Thursday 22<sup>nd</sup> July, 11am – 12pm. Meeting point** Djanogly Leisure Centre car park.

**Location & Times** - **Newark canal pathways** (provides generally flat wide paths suitable for socially distance walks) **From Tuesday 3<sup>rd</sup> August, 11 am – 12 noon. Meeting point** Riverside Car Park.

**Walking groups** – depending on ability - **Group One:** 5 – 10 minute walk, **Group Two:** 20-30 minute walk

**FREE cuppa at the first walking sessions on 22<sup>nd</sup> July and 3<sup>rd</sup> August.**

If you are keen to join in, please call Development worker Wendy on 07951 497 784 or email [wendy.learmonth@selfhelp.org.uk](mailto:wendy.learmonth@selfhelp.org.uk)