

step into walking

It doesn't have to be about joining a walking group or going on a long hike.

It's about moving more in a way that works for you. Which could be to your front door or the shops or around the block.

If you need support to take the first step, there are people and groups who can help:

For short health and wellbeing walks contact **Mary Leggett** at the **Lincolnshire Co-op** on **01552 544632** *The Collingham walk is on Tuesdays at 10am.*

For over 65's, to meet like-minded people, contact **Katie** at the **Newark and Sherwood CVS Collingham Best Years Hub** on **07384 378992**

walking can

- Connect you to your neighbours and your local community
- Give you more energy
- Help you to sleep better
- Be good for your mental health
- Help you to manage your weight
- Reduce your blood pressure
- Make you feel good
- Help you to meet new people and make friends
- Learn things about your area—nature, history...

For Buggy Walks— contact **Beth Fisher** at **SportsDevelopment@active4Today.co.uk**

For walks in Sconce Park contact **Simon Hill** at **Simon.Hill@newarksherwooddc.gov.uk** and **Isaac Thorn** for walks in Vicar Water Country Park at **Isaac.Thorn@newarksherwooddc.gov.uk**

For walks ranging from 3-8 miles, contact the **Newark Ramblers** **newarkramblers.org.uk**



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www.walknotts.org.uk



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