

# 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:

## 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 women wanting to join the free Menopause Support group on the third Saturday of each month from 9.30-11.30, please contact Elaine Cooper on [nnicb-nn-eastwood-inw@nhs.net](mailto:nnicb-nn-eastwood-inw@nhs.net) for more details

For free AgeUK Notts Best Foot Forwards Walks phone 0115 896 6906 or contact their website [Best Foot Forward \(ageuk.org.uk\)](http://BestFootForward(ageuk.org.uk))

For walks ranging from 3-13 miles, contact the Broxtowe Ramblers on [Our Walks Programme](#)

For Buggy Walks from the Eastwood Family Hub on the third Monday of each month, please contact [frances.freeman@nottssc.gov.uk](mailto:frances.freeman@nottssc.gov.uk) or 0115 977 3742

For DH Lawrence Walks on the first Tuesday of each month at 10am, Birthplace Museum on Victoria Street, Eastwood, NG16 3AW. 0115 917 3824

For walks with the Eastwood U3A 'Strollers' (April to September) and 'Five Mile Walks' groups contact [Groups - Eastwood and District u3a](#) Free for U3A members

If you want to go your own or with family/friends have a look in the Broxtowe Little Green Book [Broxtowe Little Green Book.pdf](#)



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**notts**



[www.walknotts.org.uk](http://www.walknotts.org.uk)



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