

Group Name:	STROLLING 1	Leader: Christine Bluett
Meeting:	3 rd Wednesday of the month, 14:00-16:00 but may change	
Contact:	Strolling1@u3ameltonmowbray.org.uk	
Last Updated:	January 2021	

Group Name:	STROLLING 2	Leader: Janice and Ken Palmer
Meeting:	2 nd Tuesday of the month, time as agreed by members	
Contact:	Strolling2@u3ameltonmowbray.org.uk	
Last Updated:	January 2021	

The Strolling Groups are aimed at those members who would like to get out and about in the fresh air, but are not able to go too far or too quickly.

Due to lockdown 2020 has not seen too much strolling but we hope the situation changes sufficiently so the groups can start up again in this new year.

Members of all abilities are welcome to join us including those who use a mobility scooter. You will walk only as far or as quickly as you like. There will be circular walks of varying distance over very easy terrain and members can stroll along at their own pace or just sit on a bench and enjoy the fresh air if that's all they want to do. No-one will be on their own. We will always meet back at the starting point where we can get refreshments and have a friendly chat.

So, whatever your ability, if you fancy some fresh air and friendly chat please contact the leader to find out where our next meet up will be.

There are 2 groups and you can belong to either or both. We may well join up sometimes if numbers are low so days and times may change according to circumstances.