



## Every Step Counts

Main contact person

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Club address

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Main activity

A short walk at your own speed supported by walk leaders and other walkers of similar ability. A walk each day helps to improve your physical and mental wellbeing.

Who is welcome or qualified to join?

Over 55's

What is the route for a new starter?

Free taster session

How can new members engage and try?

Email [everystepcounts17@gmail.com](mailto:everystepcounts17@gmail.com) for details or turn up to a walk

Costs

The walks are free

If you offer support for low income families please give an outline

Anyone is welcome as it is free to attend

We offer...

An accompanied walk followed by refreshments and chat

What do new members need to bring?

Wear sensible shoes and clothes for a short walk

What do new members gain in the first 8-12 weeks

- Confidence
- Improvement in fitness/conditioning
- Improvement in mobility/balance
- New friends

What is your club trying to achieve?

- Supporting local health & wellbeing
- Strengthening volunteering/coaching

Community

Our walks encourage people to stay healthy, exercise and make new friends

Your thoughts and ideas

We love welcoming new members and are keen to recruit new walk leader volunteers