

*healthy, confident,
resilient communities*

Join us for **FREE** walking and cycling activities

Every Friday

Walking Group

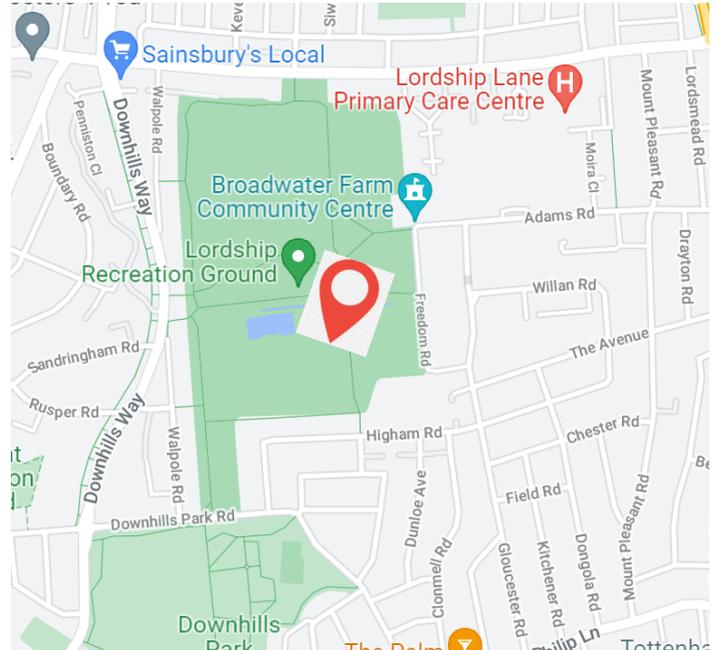
10am to 11am

Adult Cycling Group

11am to 11.45am

Meet outside Lordship Hub

from 10am



**Meet new people, keep active and healthy
and get to know your local area.**

How you can get involved

- Join us for a session
- Bring a friend
- Share ideas for new routes
- Share information and stories about your local area
- Become a volunteer
- Help deliver leaflets and promote the session

**Contact
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Wheely Tots Registered Charity No: 1161237