**Tuesday**

**Walking and Activity Group**

**October to December 2019**

**Tuesday 9am to 4pm (Weekly)**

Group Leader: Claire Tatton

Mobile Number:07397 981835 Call between 9am – 4pm

Please call 0161 442 6054 for any enquiry or in an emergency

An all-abilities walking and activity group, who enjoy a leisurely stroll around parks and gardens in the area and visit museums, galleries and take part in activities chosen by the group. Typically, this would be a half day of walking and a half day of a gentle activity. There is a large emphasis on socialising and encouraging exercise. Wheelchair accessible. The timetable below is an example; this will be largely dependant on the weather and the choices of the service users.

|  |  |  |
| --- | --- | --- |
| **DATE** | **SUGGESTED MORNING SESSION** | **SUGGESTED WALK** |
| 1st October | Archery | Woodbank Park |
| 8th October | Bowling | Bruntwood Park |
| 15th October | Cycling | Styal Mill |
| 22nd October | Manchester Airport Viewing | Wythenshawe Park |
| 29th October | Swimming | Etherow Park |
| 5th November | Cinema | Alexandra Park |
| 12th November | Museum | Museum |
| 19th November | Bowling | Daisy Nook |
| 26th November | Manchester Velodrome | Debdale Park |
| 3rd December | The Lowry | The Lowry |
| 10th December | Christmas Markets | Christmas Markets |
| 17th December | Christmas Meal | Christmas Meal |
| 24th December | Closed | Closed |

**Home pickups start at 9.00am; drops off begin from 2.30pm.**

**Warm Waterproof clothing is recommended (even if warm and sunny) for all Outdoor sessions.**

**Please ensure you bring refreshments or snacks (as recommended in Food & Drink Policies)**

**Carers if appropriate - please don’t leave the meeting place until the Group Leader has arrived**

**THIS IS A HOME PICK UP SERVICE, BUT THERE IS ALSO A CENTRAL MEETING POINT:**

**DECATHLON Store (Opposite B & Q), George’s Road, Stockport. SK4 1DN**

**Supportability Leisure Groups, Meridian House, Pepper Road, Hazel Grove, Stockport. SK4 5BW.**