**Thursday Accessible Walking & Activity Group**

**Timetable**

**October to December 2019**

**Thursdays 10am – 3pm weekly**

 **Meet at 9.50am – Return at 3pm**

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

Group Leader: Claire Tatton Group Mobile: 07397 981835

 Please call between 9am – 4pm

**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.**

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| --- | --- | --- |
| DATE | SUGGESTED MORNING SESSION | SUGGESTED WALK |
| 3rd Oct | Bowling | Daisy Nook |
| 10th Oct | Cycling | Debdale Park |
| 17th Oct | Manchester Airport Viewing | Styal Park |
| 24th Oct | Museum | Museum |
| 31st Oct | Buxton | Buxton |
| 7th Nov | Cinema | Cinema |
| 14th Nov | Cycling | Woodbank Park |
| 21st Nov | Museum | Museum |
| 28th Nov | Bowling | Wythenshawe Park |
| 5th Dec | The Lowry | The Lowry |
| 12th Dec | Christmas Markets | Christmas Markets  |
| 19th Dec | Christmas Meal | Christmas Meal |
| 26th Dec | Closed | Closed |

**Transport will be leaving at 10.00am, Please be prompt. 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 Policy)**

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

**MEETING PLACE:**

**DECATHLON Store (Opposite B & Q)**

**George’s Road, Stockport. SK4 1DN**

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