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**CONNECT FOR COMMUNITIES**

**Walking for all abilities in Blackburn with Darwen**

**BIMBLING AROUND THE PARK**

**A very easy paced CONNECT Community Walking Group**

An extremely easy paced walk around Witton Park, for those who may struggle to keep up with other groups. Witton Park is very flat and we can go as far or ‘not so far’ as you can manage.

Suitable for those who cannot walk very far or fast; mature; low mobility; learning disability or dementia groups. You may be quite active but still enjoy a walk at a leisurely pace. We’re not in a race, there’s time to stop and admire the flowers and watch the squirrels!

* Enjoy the scenery and fresh air
* Be part of a group
* Make new friends
* Stop and rest as often as you like
* Take in points of interest
* Route decided by you
* Gentle exercise
* Learn interesting facts about the park

Your visit will be concluded with refreshments. (these must be paid for by participants) This must be organised and booked with Cheryl Sandford, Connect Communities Co-ordinator.

**DATES ARE AD HOC AND ARRANGED INDIVIDUALLY**

**For further information please contact Cheryl Sandford,**

**CONNECT Project, Blackburn with Darwen Borough Council.**

**Tel: 01254 588814 or email:** **cheryl.sandford@blackburn.gov.uk**