

*Sweet was the walk  
along the narrow lane  
at noon, the bank and  
hedge-rows all the  
way*

William Wordsworth

*For exercise  
For friends  
For feeling good*



*Join Streets Apart's  
neighbourhood walks in  
your area*

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*Bring a friend or family  
member!*



**Streets Apart is a  
City Bridge Trust funded project  
from Living Streets, a national  
walking charity**



**Small group  
walking for over  
65's in Essex**

**Organised by Living  
Streets, a walking charity**

## Free walks in your neighbourhood

We want to make it easy for people over 65 to enjoy the outdoors, get regular gentle exercise and meet new people.



The walk is for an hour each week and the distance can vary to suit you. Our walks end at a nearby café.

Our walk leaders are often over 65's so if you'd like to become a volunteer leader, get in touch!

## What's good about walking?

During the long Corona Virus pandemic, many people missed being out and about. Enjoying the outdoors and meeting new people has been more difficult.

### Weekly walking with Streets Apart

- gives back that sense of freedom
- gets you out in the fresh air
- gets you exercising regularly
- makes it easy to reconnect with others in your local community
- lets you find new places and routes
- builds confidence to walk further



## We are looking for new members so we'd love you to join us

In each area, we get walks started and train volunteers to lead them.

You can take part as a member or volunteer and the group will never be more than 8 people.

We currently have walks in Romford, Woodford, Upminster, Barkingside, Ilford, Wanstead, Clayhall, Hornchurch, Harold Hill and Dagenham.

We want to run more in Barking, Chadwell Heath, Becontree and many other places!

Contact us on

**0756 678 9456**

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**Facebook: Streets Apart Walking With Over 65's in Essex**