

***December 2020 and January 2021 or when lock down restrictions ease and it becomes possible for up to 6 people to meet safely together***

**An invitation to join the Outreach Team at Age UK Camden for a safe, small group socially distanced local walk with optional tea stop. FREE**



- **Meet local people aged 55+ for a safe, relaxed and informal socially distanced walk**
- **Enjoy the changing seasons in your local parks and surrounding area**
- **Short and longer walks available taking in to account what's comfortable for you**
- **Walks will start and end in your local area – no need to use public transport**

- **Pick up a free reusable face mask and info about other local activities**
- **Subject to restrictions, join us at the end of your walk as our guest for an optional tea or coffee at a local outdoor café.**

**For more information and to book on to a walk, please contact the outreach team by calling: 07470 628 624 Please leave your name and telephone number.** Jo, AnneMarie, Katharine or Lorraine will call you back.



**We are part of The National Lottery Community Fund, Ageing Better in Camden programme. Our role is to proactively meet local people to pass on information about free local activities and events.**