

# Epsom & Ewell Health Walks are looking for volunteers

31 May 2022



Epsom & Ewell Health Walks is a small Charity registered with HMRC No. XT 37422. The objective is to provide walks for older people who are unable to walk long distances as they could in their youth. Many women understandably do not like walking alone so one benefit of our walks is that we provide company and security. All our walks start at 10:00 am and either last for 30 minutes or 1 hour. Each walk has a leader and a backmarker.

Our shorter walks are designed for people recovering from health issues and those who feel they would like to meet other people but don't want to walk far. These walks take place on a Monday.

The schedule for June and July is:

6 June Epsom Downs  
13 June Poole Road  
20 June Priest Hill  
27 June Epsom Common  
4 July Nork Park  
11 July Nonsuch Park  
18 July Ashtead Common  
25 July Horton Country Park

Our longer walks take place on Sundays and Wednesdays. The schedule for June and July is:

## **Sunday**

12 June Banstead Woods  
19 June Horton Country Park  
26 June Epsom Downs  
3 July Ewell Court 29  
10 July Chipstead Road  
17 July Epsom Common  
24 July Oxshott Heath  
31 July Nonsuch Park

## **Wednesday**

8 June Chipstead Road  
15 June Bourne Hall  
22 June Epsom Common  
29 June Banstead Heath  
6 July Nonsuch Park  
13 July Oxshott Heath  
20 July Headley Heath  
27 July Ashstead Common

There is no charge to attend any of these walks. But to keep going we are looking for more volunteers to lead and back mark our walks. Full training will be provided for leaders and all volunteers will be given dayglow jackets. Details of how to get to our walks can be found on our website: [www.epsomandewellhealthwalks.org.uk](http://www.epsomandewellhealthwalks.org.uk). We are holding our Annual General Meeting at Ewell Hall on Wednesday 15 June at 11-30am.

This is opposite St Mary the Virgin Ewell Parish Church. All walkers and those considering volunteering are welcome to attend.

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