

One Step at a Time - Buddy Walks



Living in the Coxmoor area and feel like you want to venture out, but finding it difficult?

Being isolated, or maybe living by yourself, perhaps not feeling as confident as you were, but would like to get active again. **Buddy Walks** provide the solution for a one to one/small group walk, taking it at your own pace to build both your physical stamina and confidence.

Your **Walk Buddy** will give you the support you need to make the first steps to building fitness and confidence. Meeting you where you feel comfortable and supporting you, **One Step at a Time**.

Potential Buddies

Would like to become a **Walk Buddy** to support community members get more active and build their confidence? If you would like to become involved we would like to hear from you.

Walk Buddy training will be given.

Contact AVA Step by Step Project Officer
Sylvia Porter for more information.

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