

West Lindsey

Wellbeing Walks



THURSDAY

Nettleham Sensory Stroll (Dementia Friendly) **11.45am. (1st Thursday of the month).**

Village Hall, Brookfield Avenue, Nettleham,
LN2 2SS

Cherry Willingham 10am

Rosie Lea's Café, The Parade, Cherry Willingham,
LN3 4JL

- ✓ Free and friendly short walks in your area
- 🔗 At your own pace and suitable for all abilities
- ☀️ Friendship, fresh air and fitness
- 💬 No pre-booking needed
- ✚ Over 80 weekly walks across Lincolnshire & Nottinghamshire
- 👟 Suitable footwear and clothing advised



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MONDAY

Market Rasen – 9.30am

Market Rasen Leisure Centre, Gainsborough Rd,
LN8 3JW

Welton – 1pm

Outside Black Bull Pub, Lincoln Rd, LN2 3HZ
(No walks on Bank holidays).

Sturton By Stow – 11am

(1st & 3rd Monday of the month).

Sturton By Stow Village Hall, High Street, Sturton
By Stow, LN1 2AE

TUESDAY

Gainsborough – 9.30am

West Lindsey Leisure Centre Reception, The
Avenue, Gainsborough, DN21 1EP

Nettleham – 1pm

The Community Hub, East Street, Nettleham,
LN2 2SL

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