

Indoor Walk

Enjoy safe walking in a comfortable indoor space. Walk as much or as little as you like, with plenty of opportunities to rest.

- Suitable for all abilities
- Free parking
- Refreshments provided

More Than Just a Walk

Bringing together movement, creativity and connection to support wellbeing and build confidence.

- **Starts:** Thursday 24 September (Week 1 of a 4-week introductory block)
- **Location:** Riddings Community Centre, West Street, Riddings, Alfreton, Derbyshire. DE55 4EW
- **Time:** 1.00pm to 3.00pm

FREE for the first 4 weeks

Help us shape the programme. A small charge will apply to future sessions.

Want to discover other walks we offer? Scan the QR code to find out more.



For more information please contact:
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