



## Easy Read guide to the Walking Project

   	<p>We have a new Walking Project to help you enjoy being outdoors safely.</p> <p>We are helping people to join the Hyndburn Walking For Health walks and we are setting up a new Walk and Talk group with Friends of Rhyddings Park in Oswaldtwistle.</p>
	<p>Rachael, our project coordinator, will speak to you about which Walk is best for you.</p> <p>Please contact Rachael on:</p> <p>Email: <a href="mailto:rmchugh@meet-n-match.co.uk">rmchugh@meet-n-match.co.uk</a></p> <p>Ring or text: 07543 021673.</p>
 	<p>We can support you to join these Walks:</p> <p><b>Tuesday afternoon Health Walk, Accrington. 1.30-3pm.</b></p> <p><b>Wednesday Walk and Talk Group, Rhyddings Park, Oswaldtwistle. 10.30 - 11.30am.</b></p>



You will need a waterproof coat and walking boots or walking footwear to take part.

If you need help to buy this equipment, we have some money which you can use towards buying them.

Please ask!



All walks will be provided with a chaperone. A chaperone is someone that works for us who will introduce you to the other members of the walk and walk with you.

Chaperones can support people on a 1:3 ratio.

Please fill in this easy read form

easy read

Your name

Address

Phone

**Before you can join our walking project you will need to complete the following forms:**

Walker Registration Form

Physical Activity and Medical

Questionnaire Well-Being Evaluation Form



There will be a First Aider on all of the Walks.  
If you need to bring any prescription medication with you, such as an inhaler, you will be responsible for keeping this safe.



Please be aware that there may not be access to Public Toilets during the Walk.



The walks are organised in line with Government Guidelines to help people stay safe.

Please follow the rules that the Walk Leader tells you.



We suggest that if you are able, you should:

- Bring a mask
- Bring hand sanitiser
- Wash your hands before you leave the house and when you get home.



If you are unwell with coronavirus symptoms before your walk, it is important that you let us know so that we can rearrange the walk for when you are well again.



Rachael will contact you before the walk to check how you are and make arrangements to meet you on the day. If you need to contact Rachael please ring or text: 07543 021673.



If you become unwell with symptoms of coronavirus after the walk, you will need to follow the current government guidelines on Coronavirus.



Enjoy your walk, be yourself and have fun meeting new people outdoors!