

Starting soon

Riverside Surgery Social Walking Group

New weekly walk for patients at Riverside Surgery



My name is Jenny and I will be running a new group for Community Voluntary Services Tendring.

I am setting up a small and very relaxed walking group with the hope that people can **meet some new faces**, have a **chat** and get some **fresh air**. This will initially be for 4 weeks but I hope if there is enough interest they will continue.

The walks will be on a Tuesday morning for an hour and will start outside the surgery. Because of current restrictions I need to limit the first group to 6 walkers who would observe distancing guidelines.

If you are a patient at Riverside Surgery who would be interested in joining me on these walks please **call 01255 425692** and leave your name and number and I will call you back with dates and times.

