



giving  
nature  
a home

# St. Aidan's Christmas Wellbeing Walk

18<sup>th</sup> December 2019

**Meet at the visitor centre at 11.00am**

**Hot drinks and mince pies in the visitor centre after**

Come and join us for our festive Wellbeing Walk.

As always, RSPB Volunteer Rangers will accompany you for our one-hour gentle sociable stroll.

Afterwards we'd like to invite you to join us for a Christmas get together in the visitor centre.

The walk is open to all, especially older people and is dementia friendly. No booking needed, just turn up!

(Walk subject to weather, but mince pies aren't!)

Inspiring everyone to give nature a home

[rspb.org.uk/staidans](https://rspb.org.uk/staidans)

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