



come and  
join us!

Discover more of your local area, meet  
new people and enjoy being outdoors

Details: Short walk on pavements and paths around Hindpool  
& Channelside



When: Every Monday from 12th  
April, 2021



Time: 10.30



Walks start and finish at St Mary's Living Well Centre, Duke St., Barrow  
Please call the Centre for more details 01229 444407

Contact name: The Living Well Centre

Contact number: 01229 444407



Supported through funding from players of People's Postcode Lottery