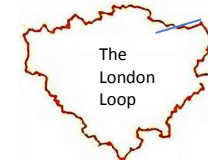


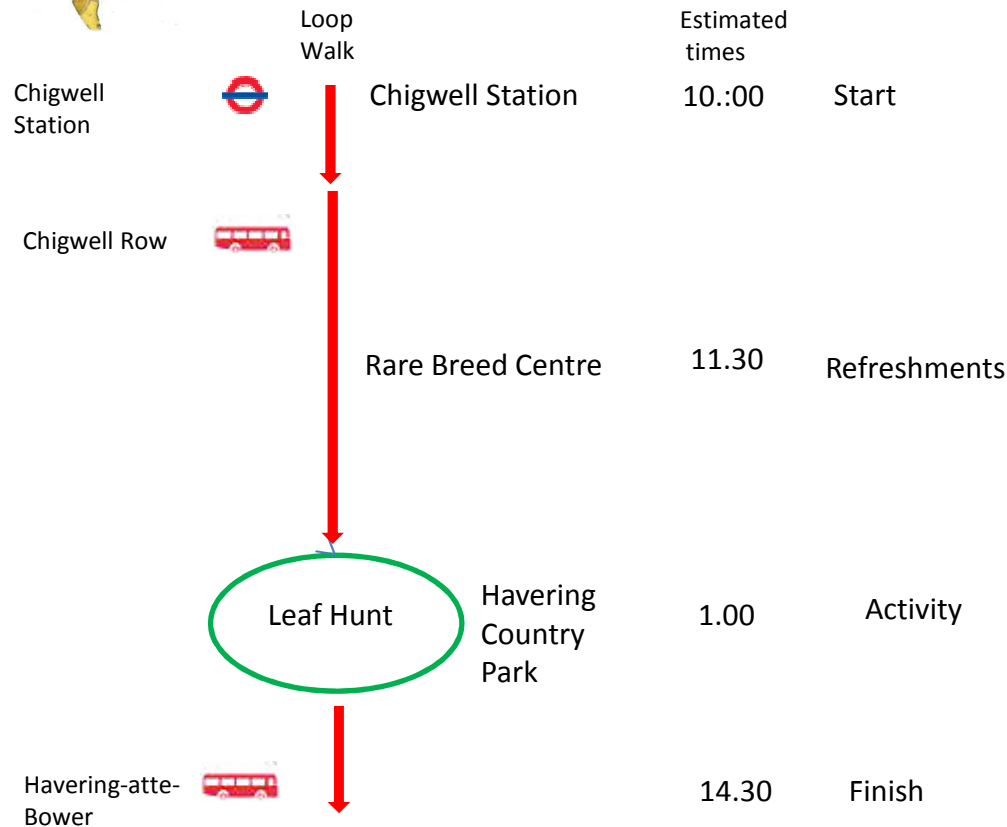


Walk the Loop for Children's Centres

Walk 3: Chigwell to Havering-atte-Bower



26 October 2012



Loop Walk: for those who wish to show their support for the work of children's centres

7.0 miles in total (11 km)

You can do the whole walk or parts of it, breaking off whenever you choose. There is parking at the Rare Breed Centre.

Leaf HUNT: for children aged 0-5 and families who are involved or would like to be involved with their local children's centres.

This takes place in Havering Country Park., a place of special interest to children with the unusual sight of giant sequoia trees.

What can you expect?

- A leaf hunt (find out more on the day!)
- Information and advice about your local children's centres, Walk4Life, Hainault Forest and Havering Country Park.
- Tips and advice on outdoor activities that awake curiosity and an interest in the world around

Refreshments: make sure you bring water and refreshments with you. We will be able to get food and drink at the Rare Breed Centre and a café in Havering-atte-Bower. It is important to wear comfortable, sturdy shoes and clothes suitable to the weather on the day.



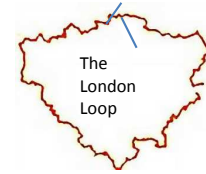
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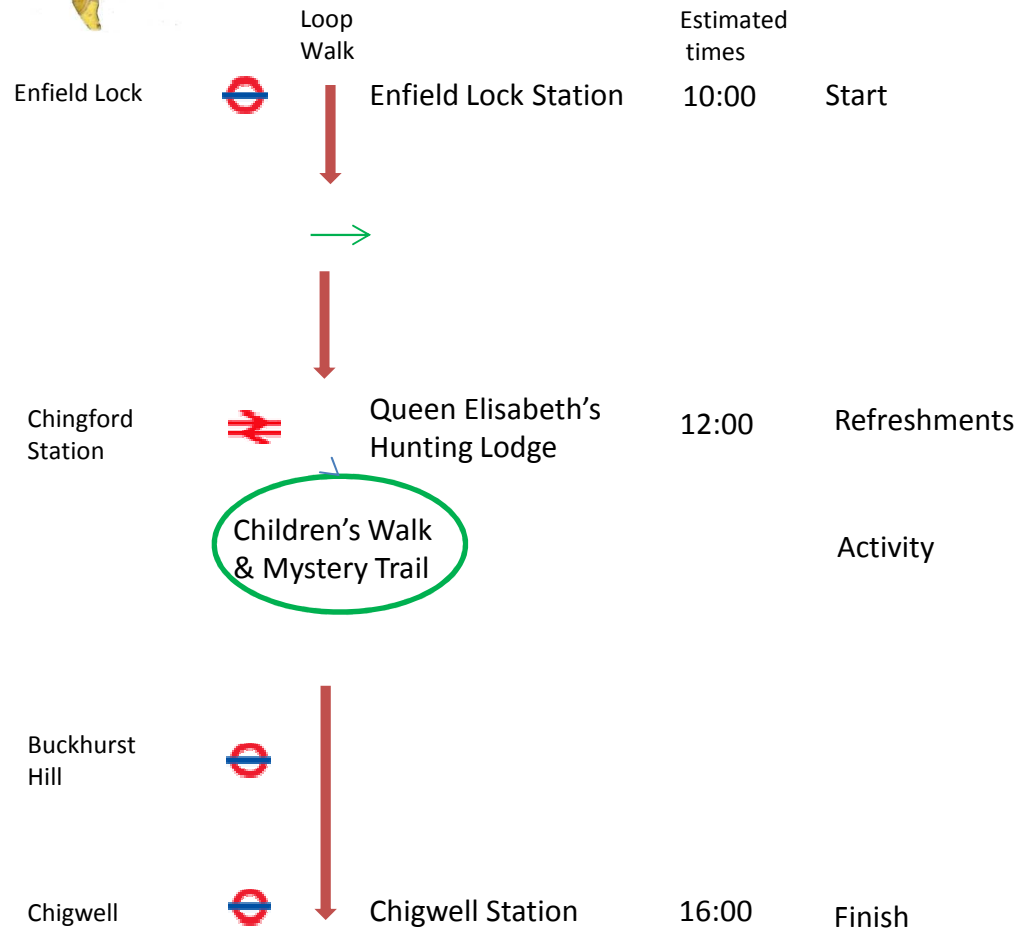


Walk the Loop for Children's Centres

Walk 2: Enfield Lock to Chigwell



8 September 2012



Loop Walk: for those who wish to show their support for the work of children's centres 8 miles in total (12.9km).
You can do the whole walk or parts of it, breaking off whenever you choose.
 On the way, we can join the Children's Walk and Mystery Trail and then continue on to Roding Valley and Chigwell.

Children's Walk and Mystery Trail: for children aged 0-5 and families who are involved or would like to be involved with their local children's centres. This takes place near and around the Animal Welfare Centre in Trent Country Park.

What can you expect?

- A mystery trail (find out more on the day!)
- Information and advice about your local children's centres, Walk4Life, Queen Elisabeth's Hunting Lodge and lots more....
- Story-sacks to promote communication and literacy development for your child(ren)

Refreshments: make sure you bring water with you. Food and drink are available near the hunting lodge or you can bring something along.

It is important to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day.



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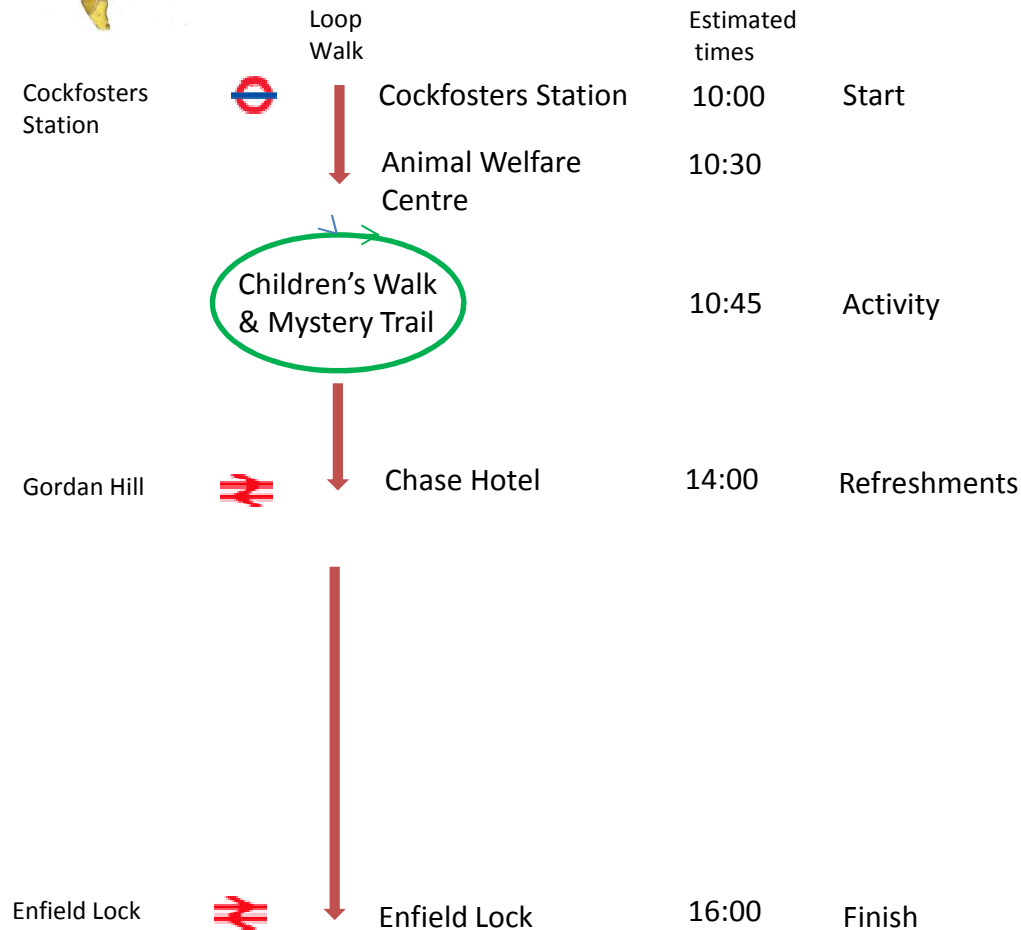
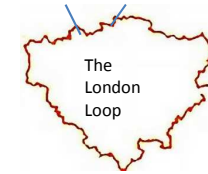
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Walk the Loop for Children's Centres

Walk 1: Cockfosters to Enfield Lock

1 September 2012



Loop Walk: for those who wish to show their support for the work of children's centres 8 miles in total (12.9km).
You can do the whole walk or parts of it, breaking off whenever you choose.

On the way, we can join the Children's Walk and Mystery Trail and then continue on to Chase Hotel before heading towards Albany Park and Enfield Lock.

Children's Walk and Mystery Trail: for children aged 0-5 and families who are involved or would like to be involved with their local children's centres. This takes place near and around the Animal Welfare Centre in Trent Country Park.

What can you expect?

- A mystery trail (find out more on the day!)
- Information and advice about your local children's centres, Walk4Life, and lots more....
- Story-sacks to promote communication and literacy development for your child(ren)

Refreshments: make sure you bring water with you. Food and drink are available from the hotel or you can bring something along.

It is important to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day.



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