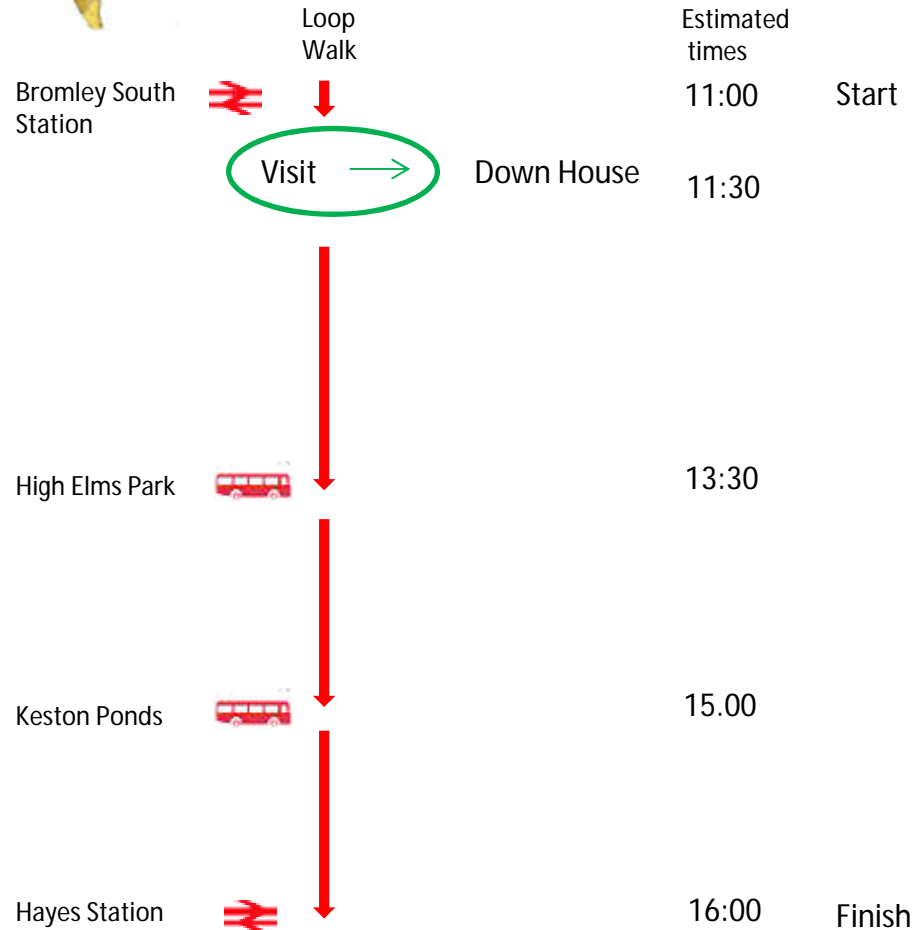
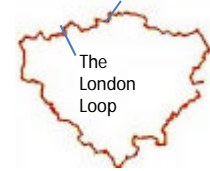




# Walk the Loop for Children's Centres

## Walk 6: Down House to West Wickham Common 6 May 2013



**Loop Walk:** 8.5 miles in total (13.5km)

**For those who wish to:**

- celebrate and raise awareness of the work of children's centres
- raise funds for a service/activity that is important to them and the children and families in their local community
- engage in an activity that promotes health and well-being

**What to expect?**

- A visit to Down House, a place of beauty and scientific discovery
- An attractive walk through gardens, woods and parkland; some urban areas
- Enjoyable exercise in the fresh air
- Good company
- Time out from the daily round
- Time to slow down
- Replenished body, mind and spirit

*You can do the whole walk or parts of it, breaking off whenever you choose.*

**Refreshments:** On the way, there will be pauses for rest, recreation and refreshments but it is advisable to bring water along and a healthy snack.

Remember to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day



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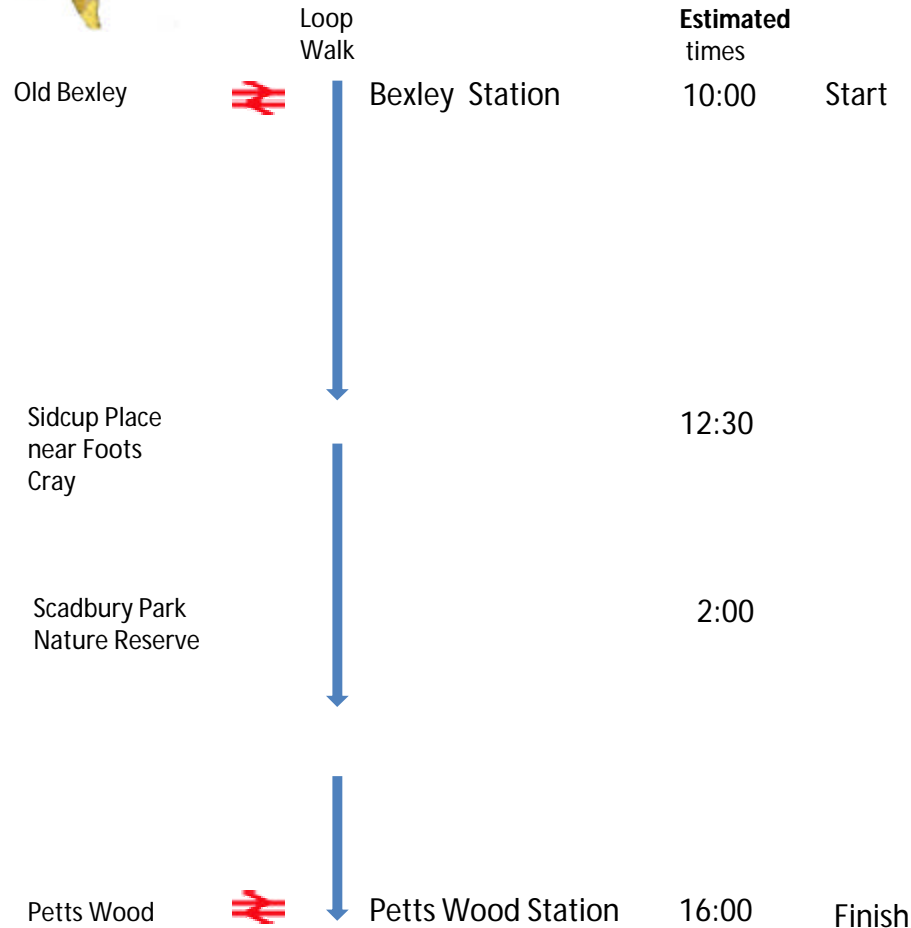
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# Walk the Loop for Children's Centres

## Walk 5: Old Bexley to Jubilee Park

13 April 2013 tbc



**Loop Walk:** 7 miles in total (11km)

**For those who wish to:**

- celebrate and raise awareness of the work of children's centres
- raise funds for a service/activity that is important to them and the children and families in their local community
- engage in an activity that promotes health and well-being

**What to expect?**

- An attractive walk along river-banks, through woods and parkland; some urban areas
- Enjoyable exercise in the fresh air
- Good company
- Time out from the daily round
- Time to slow down
- Replenished body, mind and spirit

*You can do the whole walk or parts of it, breaking off whenever you choose.*

**Refreshments:** On the way, there will be pauses for rest, recreation and refreshments but it is advisable to bring water along and a healthy snack.

Remember to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day



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# Walk the Loop for Children's Centres

## Walk 4: Erith Riverside to Old Bexley



**9 March 2013 tbc**

	Loop Walk		Estimated times	
Erith Riverside		Erith Station	10:00	Start
Slade Green Station			12:00	
Crayford Station			1.30pm	
	Visit	Hall Place	2.00pm	
		<a href="http://www.hallplace.org.uk">www.hallplace.org.uk</a>		
Bexley Station		Bexley Station	16:00	Finish

**Loop Walk:** 9 miles in total (14 km).

### For those who wish to:

- celebrate and raise awareness of the work of children's centres
- raise funds for a service/activity that is important to them and the children and families in their local community
- engage in an activity that promotes health and well-being

### What to expect?

- An attractive walk along river-banks, through woods and parkland; some urban areas
- A visit to the historic site of **Hall Place** and its beautiful gardens (free access to gardens)
- Enjoyable exercise in the fresh air
- Good company
- Time out from the daily round
- Time to slow down
- Replenished body, mind and spirit

*You can do the whole walk or parts of it, breaking off whenever you choose.*

**Refreshments:** On the way, there will be pauses for rest and refreshments but it is advisable to bring water along and a healthy snack.

Remember to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day



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