

Timperley Trundle

Your **FREE** community weekly walking group

Location: Timperley Sports Club

Every Monday 10-12

Starting 1st August 2022

Join us for a relaxed weekly walk around Timperley.
Free of charge. No commitments. All ages & abilities welcome.
Family, Friends and Carers welcome too!

Improve your
physical &
mental
health!

Embrace the
great
outdoors &
boost your
vitamin D!

Make new
friends, catch
up with old
ones &
socialise!

An organised community initiative in partnership with



**CHEWS
HEALTH**

timperley
sports club



Timperley Trundle

A community partnership between



&



Dear Healthcare Professional,

I am writing to you to share news of a new community wellbeing initiative, Timperley Trundle. Timperley Trundle is a completely free of charge walking group that has been setup by Chews Health (local physiotherapists) and Timperley Sports Club.

The walking group has been created with the aim of encouraging those less able, struggling with mobility & ill health or recovering from injury to get up and active and to facilitate their physical and mental rehabilitation.

The walking group is a free initiative and in order to make this a success we wondered if you would be so kind as to support us by promoting the group to those around you who may benefit from taking part. This could be word of mouth referral, displaying the enclosed poster within a customer facing area or forwarding to your patient database and other local healthcare professionals who may be keen to support.

The group will be led by a fully qualified and experienced physiotherapist each week so those who are less confident can be reassured the right people are on hand to support them along the way. Friends, family and carers are all welcome to join the fun!

The walking group will meet at Timperley Sports Club at 10am every Monday (with the exception of bank holidays) in the clubhouse marking the beginning of the route, before passing through the scenic Altrincham golf course, over the Timperley brook and around the King George V lake. It is a circular route ending again at Timperley Sports Club allowing the group the chance to socialise and grab refreshments. The walk is suitable for all physical abilities and will take from 30 – 60 minutes depending on walking speed. Multiple loops will be available should you wish to extend your walk as your ability increases between 10am and midday. However rest assured this is not a 2 hour route for those just starting out!

If you are interested to learn more regards this initiative please do contact the Chews Health team using the detail below. Thank you in advance for your support and let's get Timperley moving!

Regards,
Jack Chew
CEO Chews Health Ltd

For More Information:

☎ 0161 8717391
✉ enquiries@chewshealth.co.uk

Increase Mobility
Increase Fitness
Improve Mental Health

Timperley Trundle

Your FREE community weekly walking group

The walk is suitable for all physical abilities and one loop will take from 30 – 60 minutes depending on walking speed. Multiple loops will be available should you wish to extend your walk as your ability increases between 10am and midday.

Each loop ends at Timperley Sports club allowing the group time to socialise and grab refreshments.

A Physiotherapist from Chews Health will lead the group.

Please wear appropriate footwear, comfortable clothing and bring a water bottle to keep hydrated during the walk.

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The Timperley Trundle!

Your free weekly walking group with



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HEALTH



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Location: Timperley Sports Club

Every Monday 10-12 (Excluding bank holidays)
Starting 1st August 2022

**Open to all ages and abilities plus it's completely
FREE OF CHARGE!**

Join us for a relaxed walk aimed at increasing fitness and mobility levels. All delivered by local Physiotherapists who can support with any aches and pains along the way.

A Physiotherapist from Chews Health will lead the group.
Please wear appropriate footwear, comfortable clothing and bring a water bottle to keep hydrated during the walk.

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For further information please contact:
enquiries@chewshealth.co.uk or 0161 8717391

Timperley Trundle

Your FREE community weekly walking group

For further information please contact
the Chews Health team:

0161 871 7391

enquiries@chewshealth.co.uk

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