



Registered Charity no 1101579

# Stepping Out

## Dates for Your Diary

### Sunday 14th June

REIGATE & REDHILL CAR-NIVAL

### Thursday 18th June

DIABETIC

AWARENESS EVENT

At the YMCA, Redhill, with the opportunity to join in the AFL YMCA walks.

### Saturday 27th June

Reigate Priory Park Community Festival

*(AFL will be manning stalls at all these events)*

### Annual General Meeting

Tuesday 14th July

Tel: 01737 355304 for further information about any of these events



### A Note from the Treasurer

Many thanks to everyone who has renewed their membership so promptly.

Over £1,600 has been banked already. Any outstanding subs can be sent directly to: Mrs Carol Courtney, AFL Treasurer, 85, London Rd, Redhill. RH1 3AX. If you have any queries about renewal, or you need a payment form please contact via e mail court2209@aol.com or Tel: 01737642558

*(Please note: If you joined since Jan 2009 there is no need to renew.)*

## The East Surrey Walking for Health Scheme

Summer Issue No 49 June 2009

# LATEST NEWS



## MEMBERSHIP ON THE UP & UP!

Perhaps it was the great Spring Weather we've experienced this year, but even so, an incredible 110 new members joined AFL this year (compared to 45 during Spring 2008)

Walk attendances continue to rise at an average increase of 12% p.a. Yet comparative figures to Spring 2008 show a 23% increase. Over 560 active walkers are contributing to these fantastic results.

## WANTED

## Photo's for the Web Site

Are there any keen photographers out there who'd like to take summer photos of the walks and display them on our web page?

Email to carol at:

Carol\_pollock@hotmail.co.uk

## BUGGY WALKS COME TO BANSTEAD!



The YMCA have opened up a "Sure Start" centre in the Youth Centre, Banstead. With an exciting new range of activities, including Buggy Walks, already underway, this is great news for the Banstead Community



## SUMMER EVENING WALKS

Our popular Summer Evening Walks on offer this Summer are:

### Tuesday's.

Reigate Hill. A delightfully scenic route with splendid views over the North Downs

### Wednesday's

Nutfield Nature Stroll. Join Jackie for an informative guided wildlife watching walk around the Nutfield Marsh Nature Reserve.

*(full details on reverse of Newsletter)*

## Walk Leaders Corner

**LEADERS MEETING:** The Leaders Meeting, held in May, was very well attended by Walk Leaders with representation from most of the walks. Through lively discussion, some good ideas were put forward and the feedback was that the leaders enjoyed meeting up with each other.

**MEMBERSHIP CARDS:** By now, most of the walkers should have received their new cards, which replace the passports. If not, ask them to contact Carol on 01737 355304.

**INCENTIVES:** Please let your walkers know that the Sweatshirt Incentive is now given out after 20 walk attendances. If any of your keen walkers were "peeved" not to have received the "Yellow Peril" T shirts (when they were discontinued) they will be delighted to know I do have a few left over! (Mainly with Reigate & Banstead Logo's)