

## **Volunteer led Walks for all - run by Champions Show the Way BDCFT**

One hundred years ago two young girls in Cottingley took some photographs that started a worldwide phenomenon known today as the Cottingley Fairies.

Champions Show the Way have started a weekly walk that will include some of the sites involved in the original story.

Join your local free walking group!

Get more active, make new friends and explore your local area.

Find one near you!

<https://www.walkingforhealth.org.uk/walkfinder>

<http://www.bdct.nhs.uk/cstw>

Or email [Champions@bdct.nhs.uk](mailto:Champions@bdct.nhs.uk) or

Contact Champions Show the Way on 01274 321911 for more information

Did you know that walking has been shown to:

- ✓ Improve self esteem
- ✓ Improve mood and sleep quality
- ✓ Reduce stress, anxiety and fatigue?

No excuses - Come walk with us!