



# Manor Park and Hempstead Fields Residents' Association



## NEWS RELEASE 10<sup>th</sup> March 2015

### Tortoise and Hare Walking Group

This month saw the launch of a new walking group in Uckfield, this one organised by the Manor Park and Hempstead Fields Residents' Association.

Aimed mainly at those that are not quite so mobile and favour a slower, shorter walk – the 'tortoises', but also catering for those that are happy to stride out a bit more energetically, for a longer time – the 'hares'!

The brainchild of Residents' Association member Margaret, these intrepid walkers meet once each week (alternating between Monday afternoon one week and then Wednesday morning the following week). More days may be included as the weather improves and if there is a demand.

Those that need to use a wheelchair are welcome with other walkers happy to give the carer a hand if they can.

Other news for those that use a wheelchair is that thanks to Pat, one of the volunteer drivers, the Association's Surgery Car Service now has a car in its fleet that is adapted to carry wheelchair users to their local GP Practice. The Surgery Car Service is open to any one living on Manor Park and Hempstead Fields.

Paul Sparks, the Association's Chairman, said

'These are two more examples of how our caring community has joined forces together to ensure that absolutely everyone is included in the Residents' Association's activities. We are extremely proud of our volunteers and all that they do.'

For more information about these initiatives please contact Peter Griggs the Association's Secretary, contact details below.

Images attached:

1. walking boots
2. walkers – young and older (parental consent has been obtained)

### Manor Park and Hempstead Fields Residents' Association

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