

WALKS FOR CARE



Whether it's to meet new people, enjoy some fresh air or improve mobility, taking a walk can be good for our health and wellbeing.

Join the Bradford Care Association (BCA) and the Care Workers' Charity (CWC) by taking part in Walks for Care.

In real life or virtually, in a group or on your own, there's a way for everyone to participate.

No distance is too small, it's the taking part that counts! See below for ideas on how to get involved.

Take on your own local walk, in real life or virtually



Step 1:

Select a location or challenge



Step 2:

Sign up below (blue box), share your plans and receive your participation pack



Step 3:

Enjoy, tell us how it went and share your photos!

For local walk ideas and more information, [Click Here.](#)

Join our organised walk at Cliffe Castle Museum & Park Tues, 3 June PM:



Step 1:

Sign up below (blue box)



Step 2:


Turn up on the day, receive your participation pack and meet new people

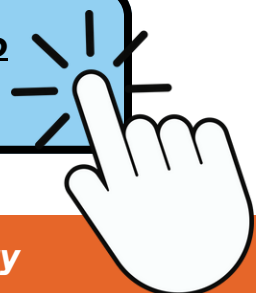


Step 3:

Enjoy!

For more information about the Cliffe Castle walk, [Click Here.](#)

CLICK HERE  to let us know how you're getting involved, so we can support you and your amazing achievements!



Raising funds through sponsorship for the Care Workers' Charity is welcome but entirely optional.

To find out how, or make a donation, [Click Here.](#)