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Calling all older people Did you know walking can lift your mood and make you feel healthier as well as strengthening you physically.

Interested to join our free Health Walks ??

We ask that you wear suitable footwear and clothing.

Meeting at the Botanical Gardens

Monday at 11am. RESTARTING Monday March 22nd

During this time of COVID please phone to book a space phone:-

Cath Carter – Parish Nurse - 07792 941783 or email cath@pilgrimcare-standrews.org.

Anyone is welcome – walks will be adapted to your ability, even if you need walking aids or are in a wheelchair you are welcome to come along and have fun.



Pilgrim Care - Parish Nursing SC0023571

We are grateful to the St Andrews Community Trust and Botanic Gardens for their support