

**Hampshire  
Healthy  
Families**



*Today's Health, Tomorrow's Future*

**Believe in  
children**  
Barnardo's



**NHS**

**Southern Health**  
NHS Foundation Trust

Delivered in partnership by Barnardo's and  
Southern Health NHS Foundation Trust



## Your Local Walk

**Abbotswood, Romsey**  
**Wednesday's 10am**

### Meet At

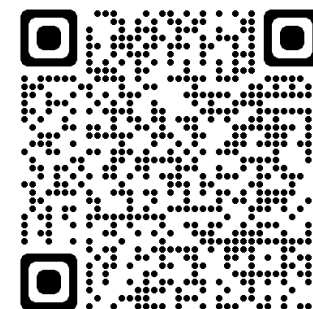
Outside Abbotswood  
Community Centre, 14  
Abbotswood Common Rd,  
Romsey, SO510BX  
**(starting from 22<sup>nd</sup> May 2024)**

Hampshire Healthy Families Ready Steady Walks are free, push-chair friendly, social walking groups for families with young children living in Hampshire.

**Ready Steady Walk meets once a week at the same venue in your area, on the same day and time.**

Fancy a stroll? Find out about your nearest walks using the QR code opposite or visit our website for more information.

**[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)**



**Hampshire Healthy Families**



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