

# Friends of MCHC July 2018 walk



**WE WILL ENSURE THAT THE ROUTE CHOSEN IS ACCESSIBLE**

Alan Milford is organising a mid-morning stroll/walk along Middlewood Way and back along the canal to Bollington.

Approx. an hour and a half.

Wednesday 25th July  
2018

BRING A PICNIC if  
you like  
OR refreshment at  
Clarence Mill.

Meet at the Adlington Road car park, (SK10 5JT) Bollington, for 10.45am latest.

Walk to start at 11am  
Should you need transport let us know.

Sights along the way.....



Let us know if you would like to join in—Phone, at the Centre or email:

Tel. No.: 07981 899526 eMail: [macchelp@googlemail.com](mailto:macchelp@googlemail.com)

## OUR AIM

- ◆ We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- ◆ We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- ◆ We also welcome family, friends and carers who are supporting them; we recognise that they too may need support.