



# Friends of MC3HC Summer Walks 2015



You can walk for 5 minutes, or take a longer walk of around 45 mins. An accessible bird hide too.



**HARE HILL**  
Alderley Edge  
Thursday  
11th June 2015  
11am onwards.

National Trust  
Members—FREE.  
Others £6



**BRING A PICNIC AND  
PERHAPS A RUG TO SIT  
ON.**



Easy access,  
including  
wheelchairs.

**BOOK YOUR PLACE**

**WITH SHEILA**

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

**Website: [www.macclesfieldcancerhelp.com](http://www.macclesfieldcancerhelp.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.