Retired Staff Association

**WALKING GROUP**

Walking is a fun way of keeping fit and well so why not join the RSA walking group and share the experience with like-minded individuals? Standard walks are of four to six miles duration and may include muddy fields, hills, stiles and other obstacles. These require sturdy footwear. Other walks such as garden visits, pavement walks and shorter distances will be distributed to all members via full mailings and CommUnicate.

Walkers will be contacted via email although anyone without the facility can still be mailed conventionally or possibly obtain details from a neighbouring member. Members are then asked to contact the walk leader direct regarding booking a place.

Following the walk participants generally share news and views over lunch in a public house. Non-walkers are warmly invited to join in with this activity and should also fill in the form.

Please notify me about walks by email / by post / by word of mouth (delete as applicable)

Name of member: ....................................................................................... Please PRINT

Landline: ........................................................ Mobile: .....................................................

Email address: ...................................................................................

*Delete as applicable:* Walking member: Yes/No Lunching only member: Yes/No

If you have no email facilities and are unable to obtain details from a friend please complete your address below:

......................................................................................................... Post Code ...................

Before completing this form, please be aware of the Association’s **Privacy Notice** on its webpage: <https://warwick.ac.uk/assoc/rsa/>. This Privacy Notice applies to both you and any accompanying companion with regard to the information supplied above.

Please send to: **Joan Cole, 9 The Galliards, Coventry CV4 7HJ** or scan and email to colejoanm@aol.com