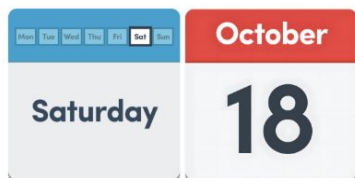
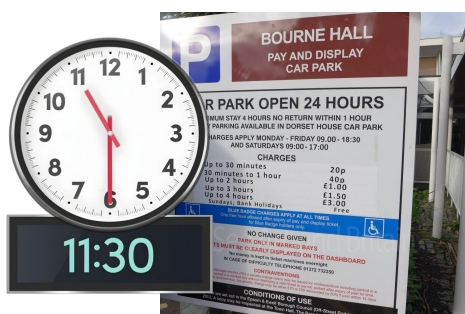


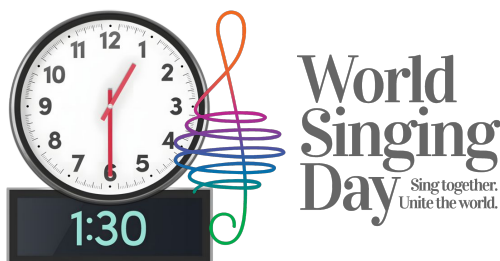
Stroll and Sign - World Singing Day



Please join us on **Saturday 18th October** for our next Stroll and Sign around Epsom!



We will meet at **11:30** at Bourne Hall Car Park (pay and display) Bourne Hall, Spring Street, Ewell, Surrey, **KT17 1UF**.



We will walk until approximately **1.30 pm**. If you want to, you can stay to have lunch and then **join us for World Singing Day!**



Please **bring a bottle of water and a snack** with you and some **money** if you would like to get something from the cafe after the walk



Please wear **comfortable shoes** and a raincoat if the weather is cold or wet.

This walk is a Level 2 – Easy Access

Ideal for: Most walkers, including those with mild mobility or sensory needs



Features:

Mostly flat terrain, some gentle slopes or gravel surfaces

Not suitable for wheelchairs or pushchairs



Environments can vary — some areas may be busier, noisier, or more open and may include natural sounds (e.g. water, birds)



😊 Some people like these sounds.

😞 Some people might find them too much.



If you want to bring your dog, you must contact us and check in advance.



Please email us on info@include.org or call us on **07349 983 731** if you can come- we hope you can. Please remember to book on and let us know you are coming.



Best Wishes

Anna Smith
Stroll & Sign Project Officer

The Include Project - Registered Charity No: 1177785