

# GENTLE STROLLERS

*April – May 2024 Newsletter*

The 'Gentle Strollers' met on Sunday February 4th at the Cenotaph on Bennethorpe. We strolled through Elmfield Park, Doncaster's first public park. Perhaps not at its best at this time of the year but still plenty to see and appreciate. A new 'green' pathway has been introduced; there are trees planted to celebrate significant events, wildflower areas, lots of additional bulb planting and plenty of seating. After our stroll we adjourned to the nearby Earl of Doncaster for refreshments. Hats off to the staff who happily put tables together to accommodate us all and even provided a free plate of lovely home baked cookies for us to enjoy with our drinks. It may have had something to do with a previous complaint but excellent service and refreshments on this occasion so a big thank you to the hotel and staff. The next meeting is on Sunday April 7th - details will be sent out beforehand. The 'gentle strollers' are a smashing group who are friendly, chatty, and welcoming so if you want to meet new people, enjoy socialising and a bit of very gentle exercise in the great outdoors well why not come along? You will be most welcome.

*Cath Lawson*



## Gentle Strollers

This is the name of the new walking group because that's exactly what it is - a gentle stroll. It was referred to as the 'New Walk Talk Group' in the last newsletter. So, it's a gentle stroll with the opportunity to meet others, make new friends and get out into the open air for a bit of exercise. Nothing too strenuous and open to all abilities. The venues will be selected with this in mind.

This will be a monthly event taking place on the first Sunday of the month at 11.00 a.m.

On October 1st we met at Walkers Nursery and enjoyed a pleasant stroll in the gardens. Afterwards we managed to secure some seats and tables in the café where we had a chat over refreshments. It was a most enjoyable event giving us the opportunity to meet new people, catch up with others and generally have a relaxing time.

There were thirteen people in total and I must say it really is a very friendly and sociable group. We are now looking forward to our next meeting on Sunday 3rd December.

Members of the group have suggested venues for future walks including Askern Lake, Thorne Park, Hatfield etc. We are open to all suggestions if they meet our requirements for gentle strolling for all abilities, refreshments, and ease of parking.

Looking forward to seeing you all again and to welcoming any newcomers.

*Cath Lawson & Celia Sullivan*



Sunday 6th August was the first outing for the new Du3a walking group. We met at Doncaster Lakeside for an amble and chat. We all thoroughly enjoyed it and new friendships were made.

It was a very pleasant stroll round the lake especially as the sun came out -fascinating to watch the water birds building their nests.

We are hoping to make this a monthly event and the next one will be on Sunday 1st October at 11.00 a.m. Venue to be confirmed. Amble first, and coffee/lunch afterwards.

The venues are chosen so they are fine for all abilities plus having car parking and cafes.

*Wendy Wilkinson*

I enjoyed the first meeting of Du3a's new walking group. I particularly liked meeting and engaging with members I already knew and those I had just met. The scenery was lovely and there was plenty of time to pause and enjoy the wildlife. I can recommend this group to those who like to socialise in the outdoors.

*Diane Woolven*

