

Walking and Cycling Club

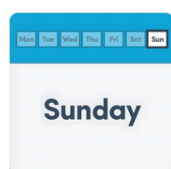
Keston Ponds Walk



Join us for a relaxed walk around Keston Ponds.

After the walk, you can come to the pub if you would like to.

You can buy a drink or something to eat.



Date: Sunday 13 September



Meet Time: 2pm

Finish Time: 5pm



Where: Meet in the car park of
The Greyhound Pub, Keston



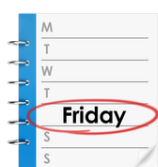
Cost: It costs **£5** to take part.
You must pay before the event.

You can also bring money to buy food and drink at the pub.



Please complete the website booking form and make payment no later than Thursday 10 September. Places are limited.

Please make sure you arrange your own support or support worker if 1:1 support is needed.



Do you need help with the booking form?

Please attend the Correspondence Drop-in at Rutland House on a Friday between 10am and 4pm.

You need to do this before Thursday 10 September.



You can ask your family and friends to sponsor you on your walk if you want to.

The money raised goes towards supporting disabled children, young people and their families.

This is optional – You do not have to raise sponsorship money to attend.



If you have any questions, please contact Martha Agyei, Out of Hours Co-ordinator:

Telephone: 020 8466 0790

Email: martha.agyei@bromleymencap.org

Map and directions

Address: The Greyhound Pub, Commonside, Keston, Kent, BR2 6BP



Bus Routes: 146 or 246.



The nearest bus stop to The Greyhound is a short distance away. This stop is called Keston The Fox.

OPTIONAL SPONSORSHIP FORM

NAME:	AMOUNT £	PAID
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