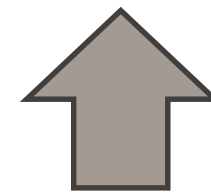


Move into Autumn with Moveability

At the Big Park Peacehaven



Scan me

Weekly opportunity to increase your wellbeing through walking and or pedalling experiences.

**Starting: Wednesday 17th
September 2025, 10 – 11.30am**

Each week there will be a walk around the park or in the local area and the opportunity to cycle or learn to ride.

- ✓ Get some fresh air
- ✓ Move, walk and pedal
- ✓ Chat
- ✓ Free drink in the café at the end of the session

Other details:

- ✓ Meet outside Gateway Café, Big Park (Centenary), Piddinghoe Avenue, Peacehaven BN10 8RJ

For more information, please contact

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moveability@sussexcommunity.org
.uk

