



**DURHAM  
DEAFENED**  
**SUPPORT**  
UNDERSTANDING • SUPPORT • SELF-HELP

## **DDS SUMMER WALKS (Weather permitting!)**

- Do you fancy getting out for some fresh air?
- Going for a gentle walk to improve your health?
- Enjoying the company of other DDS members?

**If YES, then come and join us.**

**The SUMMER WALKS – Start on Wednesday 9<sup>th</sup> June  
2020 - Meeting at 10 am**

If you are interested in any of the walks, you must register at least 2 days before the walk. If individuals require transport, they can travel with other DDS members if they abide by the current Covid 19 rules. Details are available on request. Unfortunately, DDS is unable to provide transport.



See attached programme for details.

If you would like to attend any of the walks, please get in touch in advance. Contact: Alison – mobile 07955 72 3851 TEXT ONLY, email [alison@ddsupport.org.uk](mailto:alison@ddsupport.org.uk) or our office, Tel: 0191 518335, email [admin@ddsupport.org.uk](mailto:admin@ddsupport.org.uk)

**A programme of the walks is also available on our website or on request. Please note this programme could be subject to change.**

Funded by: NHS  
Darlington Clinical  
Commissioning  
Group, NHS North Durham Clinical  
Commissioning Group and NHS  
Durham Dales, Easington and Sedgfield  
Clinical Commissioning Group



**LOTTERY FUNDED**

DATE	PLACE	TIME	MEETING PLACE	OTHER INFORMATION
Wednesday 9 <sup>th</sup> June	<b>Durham Riverside Walk</b> Length of walk dependant on participants on the day. Off road paths.	10.00 am	Prince Bishops Car Park, Riverside entrance by the lifts/ stairwell.	Prince Bishops car park, disabled car parking on Deck 1, 0 -2 hrs £2.10
Wednesday 23 <sup>rd</sup> June	<b>Hardwick Hall Country Park</b>  1 mile easy on the flat Wheelchair accessible	10.00 am	Hardwick Hall Park Car park next to the visitor's centre	Car parking charges. Up to 2hrs £2 or £3 for full day Café and toilets in Visitor's centre
Tuesday 6 <sup>th</sup> July	<b>Seaham Beach Front</b> 1 mile Depending on route and participants. Mainly flat, but with some steep steps.	10.00 am	Tommy Statue	Free parking and disabled car parking is available near the Tommy Statue
Wednesday 21 <sup>st</sup> July	<b>Wolsingham Riverside Walk</b> Length of walk dependant on the participants, riverside paths, some roads. Mainly flat and a very gentle incline.	10.00 am	The Car Park at Wolsingham Recreation Grounds	Pay and Display Car Park.
Thursday 5 <sup>th</sup> August	<b>Chester-Le- Street Riverside Park</b>  1 ½ miles (depending on make-up of the group) Flat ground	10.00 am	The Riverside Park Car park	Pay and display Car Park. Toilets available
Wednesday 18 <sup>th</sup> August	<b>Bishop Auckland Castle Deer Park</b> 1 to 1 ½ Miles depending on route and participants. Rough ground and inclines	10.00 am	At the entrance of the Castle and Park on Market Place Road	Car Parks - North Bondgate (DL14 7PG) 60p for up to 2 hrs and 50p per hr thereafter. Kingsway Castle Chare , (DL14 7JF) £2.10 0 – 24 hrs Disabled car parking available in Market Place Toilets and cafes in town
Wednesday 1 <sup>st</sup> September	<b>Allensford Country Park, Castleside, Consett</b> 1 to 1 ½ miles, flat ground on grass and woodland country paths can be very wet if it has been raining	10.00 am	Meeting at the car park by the Caravan site	Free car parking (DH8 9BA) Toilets Disabled parking