

LOCKDOWN LIFE

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Walk Together

Each September Bowel Cancer UK organise nationwide Walk Together events where hundreds of people walk for five miles to show support and raise money for people who have been diagnosed with bowel cancer.



Let's find out how to get involved!

Get Involved

Due to the coronavirus pandemic Bowel Cancer UK have changed their usual plans, and instead of holding large events you are invited to walk five miles in your own time, at your own pace in your local area, with your household or within small (socially distant) groups.



You can complete your walk any time during September.

To sign up to the event visit
www.bowelcancer.org.uk,
or contact the P&W Department for more
information and a sponsor form.



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Plan Your Walk

There are so many beautiful places in the North East for a walk. You can use Google maps to work out how long a route is. Just remember to take water, snacks and sturdy shoes.



Try the Derwent Walk Country Park in Gateshead



Walk along the river at Newburn Country Park.



Or head to the coast for sun, sea and sand!

National Fish & Chips Day!

Did you know that Friday 4th September is...



National Fish and Chip Day is about giving fish and chips the recognition it deserves and helping to secure its position as the nation's favourite dish.

The annual celebration of all things fried has been postponed from June until September, perfectly timed for those who have worked up an appetite during a five mile stroll!



Why not plan a trip to the chippy during or after your walk?

Join in the fun and help celebrate the nation's favourite dish on #NationalFishandChipDay