



# Walk with

# me

## Walk a mile for Mencap!

**Are you a power walker? Or do you just fancy a gentle stroll?**

Then why not take part in The Co-operative Walk With Me and walk a mile for Mencap! Join hundreds of other walkers, have a great day and raise vital money for young people with a learning disability.

**When is it?**

**Sunday 31 July 2011 at midday**

**Where?**

The Co-operative Walk With Me will take place across the UK, in:

- Belfast - Belfast Castle Park
- Brighton - Brighton Pier sea front
- Cardiff - Bute Park
- Glasgow - Bellahouston Park
- Manchester - Heaton Park
- Newcastle - Heaton Park
- Nottingham - Sherwood Forest
- Plymouth - Central Park

Find out more:

**[www.mencap.org.uk/cooperative](http://www.mencap.org.uk/cooperative)**

Telephone **020 7696 5579** email **[cooperative@mencap.org.uk](mailto:cooperative@mencap.org.uk)**

The **co-operative**  
charity of the year

