



## Parish Wellbeing STEPS challenge for August 2021

For the month of August, we are asking you all to support our parish wellbeing STEPS challenge.



We are looking for individual, pairs or families to join us and send us weekly updates on the number of steps walked.

There are prizes for the most steps for adults and children.

For children we have two groups 5-10 years

And 11-16

The total number of steps will then be added up and we will calculate where we actually walked to from Newbridge.

Costs are £5.00 individual

Donations for pairs or families

No cost for children

Please e mail [newbridge@rcadc.org](mailto:newbridge@rcadc.org) to take up the challenge