



Step Out for Stroke®

Sponsored walk: Birkenhead Park, Birkenhead, CH41 4HY
Wednesday 3 May, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Croxteth Park, Liverpool, L12 0HA
Saturday 6 May, 11:30am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Grosvenor Park, Chester, CH1 1QQ
Saturday 20 May, 10am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Stanley Park, West Park Drive, Blackpool
Saturday 27 May, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Queens Park, Heywood, OL10 4XB
Saturday 20 May, 10.30am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Halliwell Jones Stadium, Warrington, WA2 7NE
Saturday 17 June, 11am start
Enter now **stroke.org.uk/stepout**

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Taylor Park, Regent Road, St Helens, WA10 3HX
Thursday 22 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Mesnes Park, Wigan, WN1 1TU
Tuesday 16 May, 10am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Queens Park, Victoria Avenue, Crewe, CW2 7SE

Sunday 11 June, 2pm start

Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: The Whitworth Art Gallery, Manchester, M15 6ER
Wednesday 24 May, 1.30pm start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Stewart Park, Middlesbrough, TS7 8AR

Friday 2 June, 11am start

Enter now stroke.org.uk/stepout

Item code: A11AN47

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Rowntree Park, York, YO23 1JQ
Sunday 9 July, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: RHS Wisley, Woking, GU23 6QB
Sunday 23 July, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Capstone Park, Chatham, ME7 3JG
Sunday 18 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Whitstable seafront, Kent, CT5 1EJ

Sunday 4 June, 11am start

Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Hampden Park, Eastbourne, BN22 9QR

Sunday 21 May, 11am start

Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Canoe Lake, Portsmouth, PO4 9RG
Saturday 13 May, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: South Hill Park, Bracknell, RG12 7PA
Saturday 24 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Hales Meadow, Abingdon, OX14 3NN
Saturday 10 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Valentines Park, Ilford, IG1 4TG
Saturday 3 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Kings Heath Park, Birmingham, B14 7TQ

Sunday 7 May, 11am start

Enter now stroke.org.uk/stepout

Item code: A11AN47

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Victoria Park, Tipton, DY4 8SN
Sunday 21 May, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Clarence Park, Weston-super-Mare, BS23 4AT
Sunday 7 May, 2pm start
Enter now **stroke.org.uk/stepout**

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Poole Park, Poole, BH15 2SF
Sunday 10 September, 2pm start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: The Promenade Teignmouth, TQ14 8BG
Saturday 20 May, 2pm start
Enter now **stroke.org.uk/stepout**

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: The Hoe, Plymouth, PL1 3DE
Saturday 10 June, 2pm start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Boscawen Park, Truro, TR1 1SG
Sunday 11 June, 2pm start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Warminster Park, Warminster, BA12 9JA

Sunday 21 May, 2pm start

Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Coate Water Park, Swindon, SN3 6AA

Sunday 2 July, 2pm start

Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Fairlands Country Park, Stevenage, SG2 0BL
Saturday 6 May, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Hylands Park Chelmsford, Essex, CM2 8WQ
Sunday 4 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Sandringham Estate, Norfolk, PE35 6EN

Saturday 20 May, 11am start

Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Abbey Gardens, Bury St Edmunds, IP33 1XL
Sunday 6 August, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Wardown Park, Luton, LU2 7HA
Sunday 23 July, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Ferry Meadows, Peterborough, PE2 5UU
Saturday 17 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Rufford Abbey Country Park, NG22 9DF
Sunday 11 June, 12pm start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Central Park Scunthorpe, DN16 1AB
Sunday 14 May, 11am start
Enter now **stroke.org.uk/stepout**

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Esplanade, Broughty Ferry, Dundee, DD5 2EP
Sunday 7 May, 11am start
Enter now **stroke.org.uk/stepout**

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Duthie Park, Aberdeen, AB11 7WA

Sunday 2 July, 11am start

Enter now stroke.org.uk/stepout

Item code: A11AN47

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Seafront, St Helier, Jersey, JE2 3QA
Sunday 2 July, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Victoria Park, Widnes, WA8 7SX
Saturday 24 June, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Ruislip Lido, Ruislip, HA4 7TY
Tuesday 11 July, 11am start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association





Step Out for Stroke®

Sponsored walk: Antrim Castle Gardens, BT41 4LH
Sunday 21 May, 2pm start
Enter now stroke.org.uk/stepout

Item code: **A11AN47**

The Stroke Association is registered as a charity in England and Wales (No211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association

