



Getting together with others for a walk is a great way to keep active and meet new people. It is for this reason that United in Kind's Rochford Coach Corrina decided to start up the 'United in Strides' walking group in her area last year. Since the group formed, it has grown in popularity and has been an invaluable support network for residents who attend every week.

Watch this [video](#) to hear first-hand the positive impact this group has had on those who have joined.

If you would like to know more and get involved with United in Stride please contact Corrina. Email: corrina.odonnell@ceessex.org.uk