



Would you
like help
STAYING ACTIVE
during **restrictions?**

We are here to help with meeting
for a walk or having a chat

Get Out
Get  **Active**
Amber Valley



If you would like help please contact

Name

Contact No.

We support disabled and non-disabled people to take part in fun and inclusive activities together (where restrictions allow).

Tel: 07971 123382

Email: GOGA@ambervalley.gov.uk

 **@GOGAambervalley**

getoutgetactive.co.uk

#GetOutGetActive