

# Are you Ready to Ramble?

- ☀️ Explore a beautiful location close to your home
- ☀️ Enjoy the company of Ategi people as well as friends & family
- ☀️ Help to raise funds for Ategi
- ☀️ Enjoy a treasure hunt
- ☀️ All walks wheelchair accessible



Did you know that £5 billion (52%) of charity income in the UK comes from the general public?

Ategi wants raise public awareness that we're a charity and involve the wider community in our fundraising.

If you would like to find out about how you can get involved in fundraising to support Ategi, contact Sheila, our Fundraising Manager: [SheleaghL@ategi.co.uk](mailto:SheleaghL@ategi.co.uk) or phone 01443 484400.

## Join Ategi's Rambles

Ategi would like to invite our friends, supporters, carers and the amazing people that we support to take part in one of our rambles happening September/October. Check out our events and make sure you sign up to attend a ramble near you!

Day/Date	Time	Location
Weds 21st September	10am-2pm	Swansea Marina
Sat 24th September	10.30am onwards	Wendover Woods, Bucks
Tues 27th September	10am-2pm	Cardiff Pedal Power
Weds 28th September	11am-2pm	Willsbridge Mill, South Glos
Thurs 29th September	10am-2pm	Ynysangharad Park, Pontypridd
Sun 2nd October	11am-2pm	Richmond Park, London

We would love you to join us in sharing some outdoors exercise and fun activities at a beautiful location that is close to your home. All the rambles will take place on routes that are wheelchair accessible and there are different options so that everyone can take part. Ategi is supplying each ramble with some food and refreshments and there will be a chance to network and meet members of our team.

**If you would like to take part contact [SarahG@ategi.co.uk](mailto:SarahG@ategi.co.uk) or phone 01443 484400**