**1 Mile radius of home…**

I am mapping out my area with well-being in my mind, I’ll link it to five steps for you all to find.

Just across the road, ten meters from my door. There is a lovely little social club but I’ve never been before.

Further down the road, less than a 5 minute walk. There is a handy little centre where you can pop in for a talk.

Just beyond the centre you’ll find a pretty park, where activity is rife and on exercise you can embark.

A wee wander on from there you’ll see swans and boats galore. You can even see the seaside if you walk a little more.

Now head back up the hill, toward the centre of town, you will spot the YMCA who will never let you down.

My GP is just around the corner if I’m heading back to home. There is also talking therapies which you can access via phone.

Then you see my café, where you can pop in and see me, you will also have tasty chocolate cake and a cracking pot of tea.

A little further onwards and the allotments you have found, where you can spot me planting veg firmly in the ground.

Down the road and I am back home, arriving at my door. I realise so much about my area that I didn’t realise before.

Christine.