

Run, walk, skip,  
cycle, hop to help  
raise money for  
Riverside  
Counselling  
Service



Step out for  
Riverside



- Here are some ideas
- A 2km bike ride
  - Walk the dog three times a week
  - 100 skips everyday
  - 2,000 steps everyday

Go to [Virgin Money](#) to  
make a donation

[www.riversidecounsellingservice.co.uk](http://www.riversidecounsellingservice.co.uk)

Take part  
in March &  
April

Charity No: 1018853