

Winter Walk & Talks



Held from Stamford Park, Ashton-Under-Lyne, our walks provide a chance for attendees to chat, socialise and connect with others whilst enjoying some gentle exercise in a safe outdoor settings. Walks are planned to be approx. 60-90 minutes, giving the chance for people of all levels of abilities to take part with a staff and volunteers available to support every step of the way.

“Time outdoors is time well spent”

Date (Wednesdays)	Time
10 th November	11am - 1pm
24 th November	1pm - 3pm
15 th December	11am - 1pm
12 th January	1pm - 3pm
26 th January	11am - 1pm
9 th February	1pm - 3pm
23 rd February	11am - 1pm



For more information, or to book your place, please contact **carolinecook@togmind.org** or call us on **0161 330 9223**