

NEW!



Mental Health Walks in Trumpington



Do you or your loved ones have lived experience of mental health challenges?

Do you want to get out and about in the fresh air?

Would you like to meet new friends and enjoy an easy walk in our local area?

Why not join our new walking group, fortnightly this Summer?

Meet 10.30am at Waitrose cafe - look for the balloons!

Fridays: 19 May; 2, 16, 30 June; 14, 28 July.

For more details, contact Lizzy at mhwt@email.com