

Come and join us!

## Wild Walks for Wellbeing

Peer Support and exercise

Weather conditions won't stop us walking but this, or other travel issues may alter the planned route!



### We meet

Every Thursday in the city centre.

We are a voluntary led peer support walking group for those with lived experience of mental illness. We explore places in and around Bristol, with walks typically accessible from the city area. But if we go further afield, we use public transport together.

Get in contact for an initial chat and to see our walk schedule!

Mob: 07548 320164 or  
wildwalksgroup@rethink.org

Everyone is welcome for any of our walks and we look forward to meeting you!

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