

Walking Group 2018

Are you caring for someone with a mental health problem?
We are combining with Barnet Carers Centre to host walking, talking groups on the following dates:

Tuesday 30th Jan
Sunday 4th Feb
Tuesday 13th Feb
Tuesday 20th Feb



Start: Meet 1.00pm at Barnet Carers Centre (one minute walk from North Finchley Bus Depot. Buses travel to North Finchley: 82, 125, 134, 221, 263 & and 450).

Finish: 2.30pm with an agreed tea/coffee stop.

Contact on the day: Chris, Walk Leader 07765 850 776

Wear appropriate warm clothing and walking shoes or boots. Maybe bring a story or poem to share with others during stops on the walk.

Interested? To book contact us via phone/email (see below)

T: 02083435700

e: admin@mindinbarnet.org.uk

<http://mindinbarnet.org.uk/>

Mind in Barnet is a registered charity – No. 295701

