

A mental health peer support group giving you the chance to use photography and explore the local area.



45 minute walk and then a chat and refreshments afterwards.

No experience is necessary - a camera phone or camera is needed on the walk, or just come down for support and a chat.

Everyone is welcome to join this safe space.

For more information contact Tim at:

Mindscapes.photography@hotmail.com www.mindscapes.org.uk







