

A PEER LED WALKING GROUP

Chesterfield Walking Group

WE AIM TO SUPPORT THOSE LIVING IN THE COMMUNITY WITH MENTAL HEALTH CONCERNS OR WHO ARE FEELING ISOLATED, BY ORGANISING LOCAL WALKS

WE AIM TO WALK IT OUT TOGETHER

November	2024	5th & 19th
December	2024	3rd & 17th
January	2025	14th & 28th
February	2025	11th & 25th
March	2025	11th & 25th

PLEASE JOIN US, WE START AT THE CHESTERFIELD LIBRARY. DOWNSTAIRS IN THE FORAY AREA
BETWEEN 10 - 10:15 AM
WE SET OFF FOR 10:30 AM

FOR MORE INFORMATION PLEASE CALL MARK ON 07484 001 842,
OR EMAIL AT MARK.HUDSON@RETHINK.ORG OR EMAIL THE DERBYSHIRE RECOVERY AND PEER SUPPORT SERVICE
DERBYSHIRERECOVERYPEERSUPPORTSERVICE@RETHINK.ORG



Derbyshire Recovery & Peer Support Service