

Autumn Walks with Bristol Rethink Carers 2021

We are continuing with our walks this autumn, as it is a relatively safe way of meeting each other compared to indoor support groups. We welcome family members and friends of people with mental health issues, especially those of you who have used our support groups online, phone support, or used other aspects of our service recently. If you haven't used our service, but would like to come on the walk, give us a ring or email us and we can tell you more.

We will need to contact you by phone to ask you some questions related to Covid before we can confirm your place. This walk is open to family members and friends only, not to those you support, as the aim is to create new connections and encourage mutual support.

October: Across the Downs



Distance: 3 miles round trip
Bring your own picnic, rainwear and something to sit on!

[Book here](#) or text or call us

Wednesday 20th October meeting at 11pm

We will meet outside the Downs Café on Stoke Rd (near the Water Tower at the end of Ladies Mile) BS9 1FG.
Buses to Black Boy Hill 4, 1, 2, 2a, 3, 72a etc)

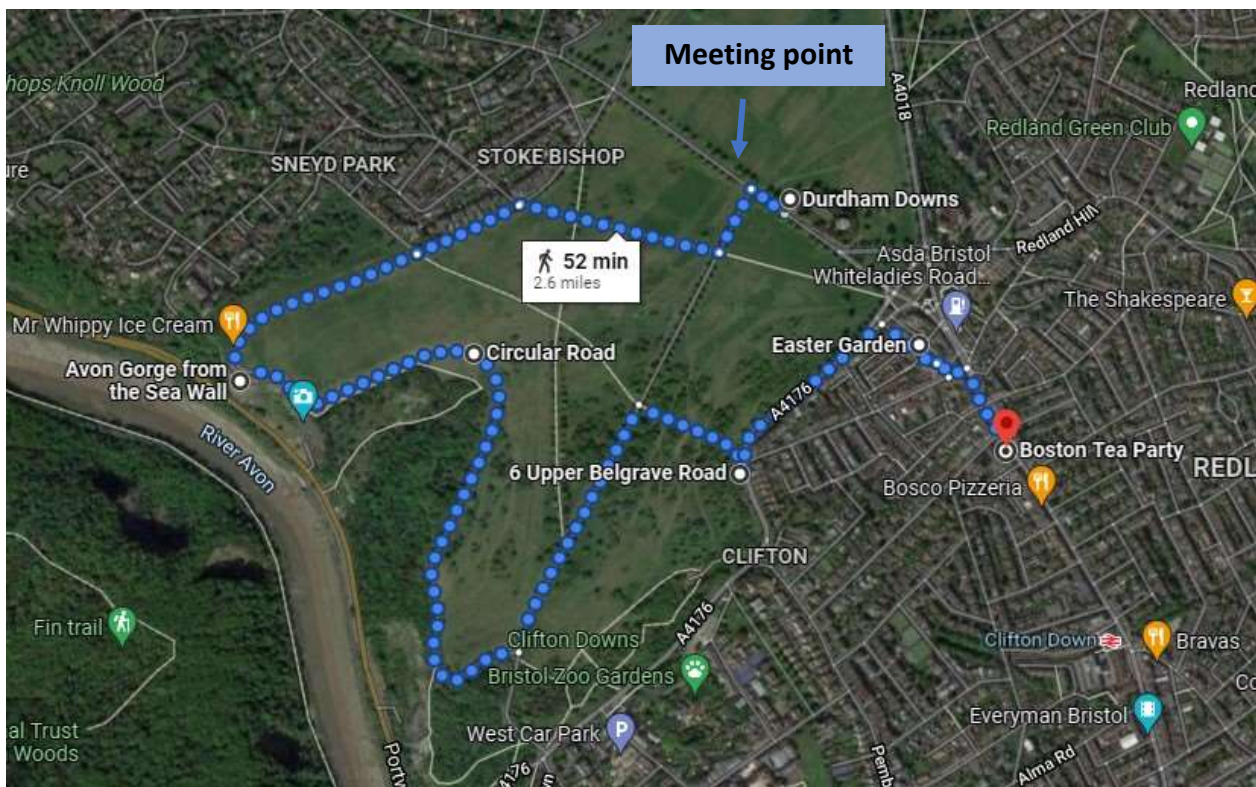
11pm Meet up. Option to arrive early (11.30) and have a coffee or a game of ping pong - bring your ping pong bats and balls!

11.15 set off for walk to Sea Walls across the Downs, then via Easter Gardens to Whiteladies Rd.

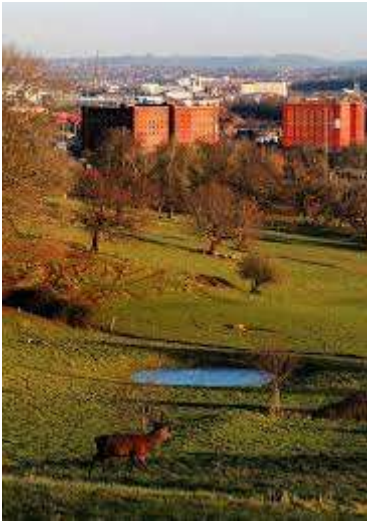
12.30 pm Picnic lunch in Easter Gardens if weather is fine, or lunch at Boston Tea Party at St Johns Court, Whiteladies Rd BS8 2QY.

We will check the weather forecast the week before, and if necessary book a table.

www.eventbrite.co.uk/e/october-walk-across-the-downs-tickets-173779708787



December: Riverside Garden Centre to Ashton Court



Wednesday 1st December meeting at 11pm

We will meet at Riverside Garden Centre and walk to the courtyard café at Ashton Court

11pm Meet up. Option to arrive early (11.30) and look around the garden centre.

11.15 set off for walk.

12pm Wander around the gardens and quiz.

12.30pm Option to order takeout lunch at the café, or bring your own.

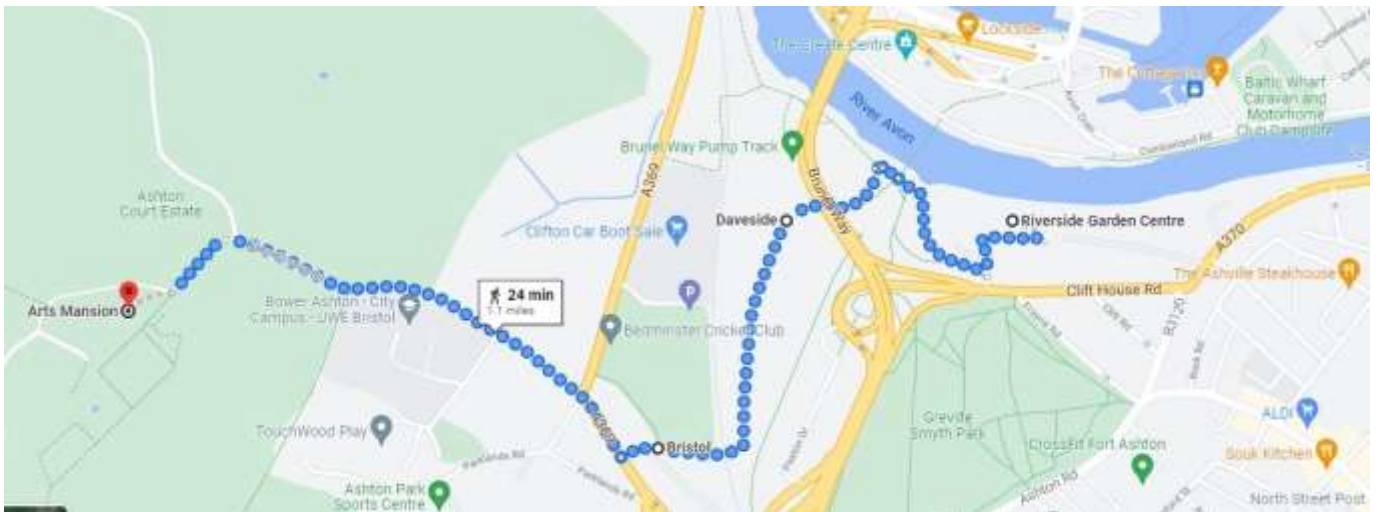
If you have limited walking ability, you are welcome to park at Ashton Court and join the group at the café.

1.15 pm set off back to Riverside

Distance: Total 2.2 miles

[Book here](#) or text or call us

www.eventbrite.co.uk/e/december-walk-riverside-garden-centre-to-ashton-court-tickets-173795716667



We are very sorry but we can't meet your travel expenses or the cost of refreshments.

We will limit each group to 20 people, walking in smaller groups, **booking essential**. For more information please contact Karen Allen Bonney on 07918 162 523 or email

bristolcarers@rethink.org

