



Rethink
Mental
Illness.

Come and join us!

Wild Walks for Wellbeing

Peer support and exercise

Most weather conditions won't stop us walking. But some, along with transport issues, might alter our planned route!



Meet us 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.

Everyone is welcome for any of our walks. We look forward to meeting you!

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

Mob: **07548 320164** or
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