

EMERGING FUTURES

creating opportunities for change



Mindful Walking Group

Come along and join our
friendly group from
25th April 2025.

Make some new friends, get
some gentle exercise followed
by a free coffee and a
sandwich at our Recovery
Cafe



**For
details
please
contact
Kimmy:
07885
866471**



Fridays

Meeting Point:

Courtyard Eatery

Winyates Barn. B98 0LA

Meet at the Cafe: 9.15am Set off: 9.30am

Return: 10.30am