

WALK AND TALK TELFORD 2010

EVERY TUESDAY AFTERNOON
FROM 8TH JUNE – 7TH SEPTEMBER

Have you been thinking about doing more walking and want to walk with others?



Fancy the chance to talk with local psychologists?

Come and join us!

Who is the group for? The group is open to anyone.

Where will we meet? Meeting Point Café in the town centre. Our walks will be around the Town Park area including the Silkin Way.

When will we meet? Every Tuesday from 8th June 2010 to 7th September 2010 at 12:30pm for a drink and/or a bite to eat. We will set off for the walk around 1:15pm and finish around 2:30pm.

Who are we? Zounish Rafique, Lucy Gahan, Caroline Anderson and Roger Gowers. Zounish, Lucy and Caroline are psychologists who work locally. We all enjoy walking in the countryside.

What do I need to bring? Wear comfortable boots or shoes that you don't mind getting muddy. Feel free to bring along a friend or friendly dog.

Cost: There is no charge for attending the group.

To join: Call Zounish on 01952 381640, contact her by email on zounish.rafique@sssft.nhs.uk or just turn up!



People who come to the walk are responsible for their own welfare and can do as much or as little of the walk as they like.