

psychology in the real world

Walk and Talk

Might you enjoy...

- ... a regular walk along a stunning stretch of the river Severn
- ... opportunities to 'think out of the box' with like-minded people
- ... a chance to pick the brains of a local psychologist?

Come along any Thursday throughout summer 2007 (7th June onwards):

11.00 -12.30: walk from Frankwell car park along the Severn Way. Opportunities to see kingfishers, cormorants, sparrow hawks, swallows, sand martins and even otters.
12.30 onwards: Option of a drink or lunch in a friendly local pub (dogs allowed in beer garden) or return to car park

When and where do we meet?

11.00a.m. every Thursday at Frankwell car park by the steps leading onto the footbridge.

Guy Holmes and **Anna Hughes** will be at the meeting point from 10.45a.m. Guy is a local clinical psychologist, Anna is a local service user consultant. Both are passionate about the countryside and walking.

Bring... boots or shoes you don't mind getting muddy if it's been wet
... an open mind, a friend or a (friendly) dog

"shared joy is double joy, shared sorrow is half sorrow"

Swedish Proverb

7th June -13th September 2007