Let's Walk and Talk together

Come along to friendly Walk and Talks – run for free by the community for the community. No bookings or reservations – just join us any week.

Everybody is welcome, whatever ability or age.
Meet neighbours, chat to friends old and new.

Have a smile and a laugh.

FREE and fun walks

Location:

Meeting point:

10.30am every Saturday

Scan the QR code:

Inspired by The Walk and Talk Movement

www.wewalkandtalk.org

The Walk and Talk Movement

Get involved!

The Walk and Talk Movement

Just some of the things you tell us - every week

A new family
Being together **Smiles**
Highlight of my life
Not alone anymore **So welcoming**
Never met so many friends Saved me
Makes such a real difference
Good company **All backgrounds and cultures**
Great fun Gets me out of the house
Amazing conversations
Gives me confidence Pure Enjoyment
Thank you so much

The Walk and Talk Movement has proven walking and talking together makes us happier and healthier.

That is why our mission is to inspire people to come together across the UK to enjoy local Walk and Talks - run by the community for the community.

Walk and Talks are special. Everyone gets a very warm welcome - all ages, buggies and pets. You can walk and talk for as short or long a distance as you like and at any pace you like. Walk and Talks put so many smiles on faces every week.

If you want to set up a new Walk and Talk e-mail us at:
info@thewalkandtalkmovement.org

Find your local walk by going to:
www.wewalkandtalk.org or visit:
www.facebook.com/wewalkandtalk

Scan the QR code: