

# Ashford

## Wellbeing Walks

**A MEET/TALK/WALK WELLBEING SUPPORT GROUP  
TAKING PLACE WEEKLY AT KINGSNORTH  
PAVILLION - **STARTS TUESDAY 4TH MARCH****



### **OUR SERVICE**

**WHEN? - TUESDAYS,  
11.15 UNTIL 12.45**

**WHERE? - KINGSNORTH  
PAVILLION, TN23 3EF**

### **WHAT WE OFFER:**

For just £12.50 per session we offer a regular opportunity to meet up for 90 minutes, talk, go for a walk in nature then return for a tea or coffee and process group before heading home.

OUR MEET/TALK/WALK WELLBEING GROUP IS FACILITATED BY TWO REGISTERED COUNSELLORS AND BRIDGES THE GAP BETWEEN INDIVIDUAL / GROUP THERAPY OR A SUPPORT GROUP. IT OFFERS AN OPPORTUNITY TO MEET NEW PEOPLE, FEEL SUPPORTED AND LESS ISOLATED.

WALKING OUTDOORS AND EXPOSURE TO SUNLIGHT RELEASES ENDORPHINS AND IS CALMING AND RELAXING, IMPROVING MENTAL AND PHYSICAL HEALTH AND AIDING RESTFUL SLEEP.

RECEIVE FEEDBACK AND GUIDANCE, BUT ALSO AN OPPORTUNITY TO REACH OUT AND SUPPORT OTHERS.

**BOOK NOW**

Call: 07902 586861/ 07562 643277 for enquiries and to book a place.  
Or Email: [dvgeorge13@gmail.com](mailto:dvgeorge13@gmail.com) / [natahicks@hotmail.com](mailto:natahicks@hotmail.com)