

TUESDAY 17TH MAY

12PM - 1:30PM

Following dates: 24th May, 14th June, 21st June, 28th June

Meeting point: Sue Bramley Centre, Bastable Avenue, Barking IG11 0LH

Bring a bottle of water

A blanket for our small picnic

Raincoat just in case

Wear closed shoes



WALKING & TALKING SERIES: THERAPEUTIC ADVENTURES AROUND YOUR LOCAL AREA

Join us for a relaxing walk heading towards Creekmouth Park to discover its stunning views of the River Thames. Along the way we will be talking, doing some very light stretches and exercises mindfully and then pause to sit on the grass to eat some snacks.



Email alex@twcp.org.uk or sign up via Eventbrite