

MEN WALK TALK

MENS WALK AND TALK GROUP

WHEN IN DOUBT; WALK IT OUT

Walks take place in Retford, Worksop and Idle Valley. To book on to these walks call Bassetlaw Action Centre 01777 709650 or e mail goga@actioncentre.org.uk

IN PARTNERSHIP WITH

Get Out
Get Active
Bassetlaw

Bassetlaw ACTION Centre

CARING FOR LOCAL PEOPLE LIVING WITH CANCER
AURORA

NHS
Bassetlaw
Clinical Commissioning Group

JOIN US



Bassetlaw Action Centre
Canal Street Retford DN22 6EZ
reg charity no 1106908

WHAT IS MENWALKTALK?

MENWALKTALK is a registered charity which aims to support men who may be struggling with their mental health, as well as reducing social isolation. We facilitate walking groups and host an online space for men to meet other men and provide each other mutual support because you are not alone.

HOW DO I GET INVOLVED?

We understand the importance of getting out in nature and speaking out when we don't feel ok and we would love to meet you on a walk soon ! All of our groups are free to attend and take place in Retford, Worksop and Idle Valley. Dates and times can be found on our Facebook page Get Out Get Active Bassetlaw or by calling 01777 709650 alternatively you can e mail goga@actioncentre.org.uk



www.menwalktalk.co.uk/notts

www.bassetlawactioncentre.org.uk

MENWALKTALK WOULD LOVE YOUR SUPPORT. IF YOU WOULD LIKE TO VOLUNTEER OR DONATE, PLEASE VISIT OUR WEBSITE FOR MORE DETAILS AND CONTACT US!