

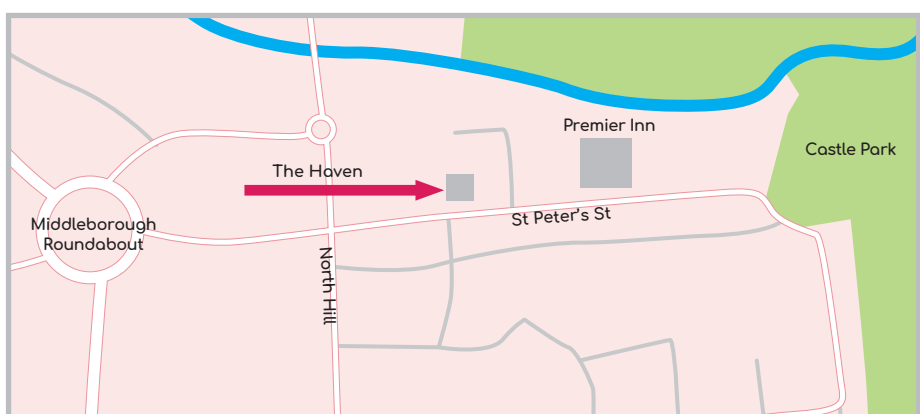


The
Mental Health
Runner

Walking for Wellbeing

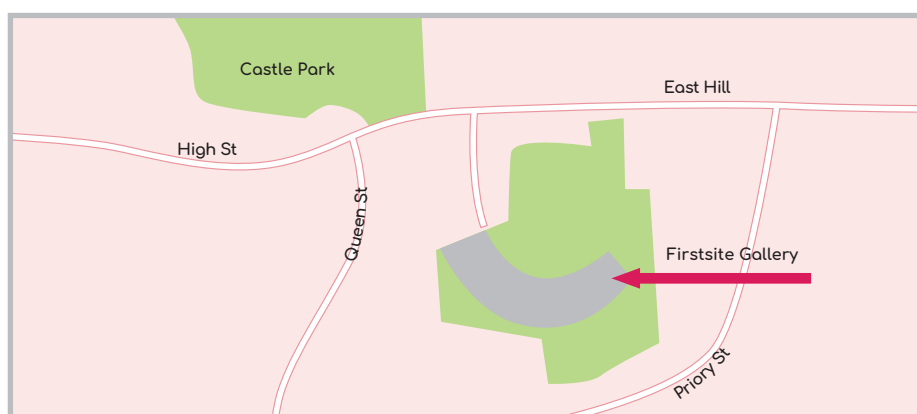
“It’s far more than a walk”

CASTLE PARK EVERY MONDAY 11AM



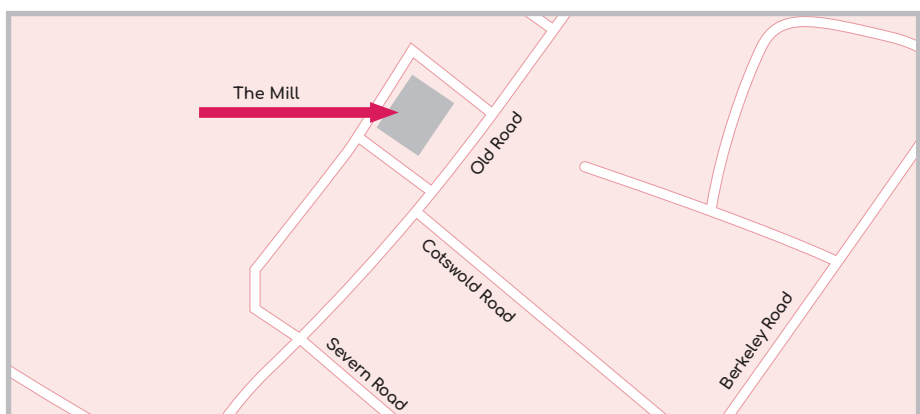
Every Monday 11am starting from
The Haven Project, 10 St Peter's Court,
CO1 1WD

CASTLE PARK EVERY TUESDAY 11AM



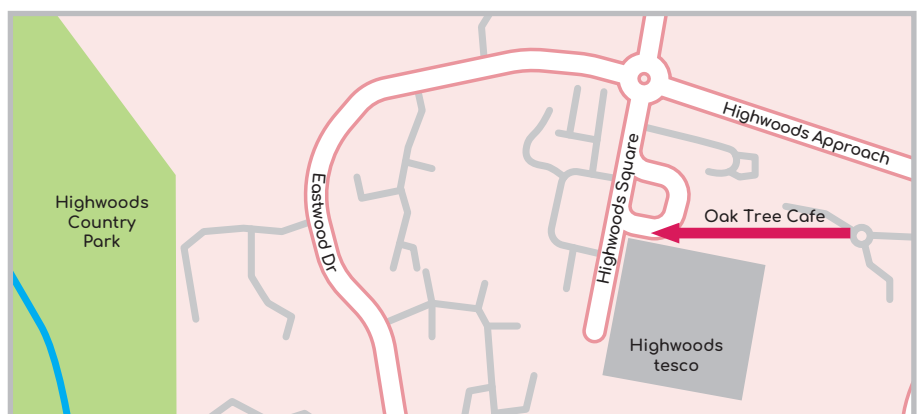
Every Tuesday 11am starting from
Firstsite Gallery, CO1 1JH. Walk is
approximately 1 hour around Castle Park.

CLACTON EVERY WEDNESDAY 11AM



Every Wednesday 11am starting from
The Mill, 355-359 Old Road, CO15 3RQ.

HIGHWOODS EVERY THURSDAY 11AM



Every Thursday 11am from outside the
Oak Tree Cafe, Highwoods Square,
CO4 9BB, near Tesco Highwoods.

For more information: shawnleek@hotmail.com

Walks are free of charge and open to all abilities

WALK • TALK • SUPPORT

The Mental Health Runner is a Community Interest Company (CIC) designed to benefit the community it serves. CIC number 15819685.

IN PARTNERSHIP WITH


Mid and North
East Essex

**FIND
YOUR
ACTIVE**