



Parent/Carer Walk and Talk

Come along for a gentle 'grown-ups' walk with us on Thursday 14th July meeting at the school just after 9.00am for about an hour. Wear comfy shoes and feel free to bring your dog/baby/a flask! Led by friendly, mental health trained members of staff.

No pressure - Happy to chat...or not!

“...the benefits of being out in green spaces - mental health organisations and the NHS recognise the benefits of the activity on good psychological health and mental well-being. In fact, any kind of exercise can help to reduce levels of stress, depression and anxiety...”

