

**space**  
to talk

# Walk & Talk

## West Hunsbury Country Park

Every other Saturday 10am to 12pm  
from 20<sup>th</sup> January 2024.

Meet at: Parsons Mead Community Hub  
Northampton , NN4 9PS

Our walks are a support tool to help people who may be struggling with day-to-day pressures, have mental health concerns or want to get out in the fresh air and meet people.

To Book, click on the QR code

Or to learn more about Space to Talk, our programme of walks and our activities, go to: [www.space2talk.co.uk](http://www.space2talk.co.uk)



**SCAN ME**