



MindSpace Walk & Talk

At Markeaton Park

**Struggling with how you're feeling?
Need someone to just listen and not
try to 'fix'? MindSpace is here to
listen to you - Come and walk with us.**

Derbyshire Mind's Free 'MindSpace' community Walk and Talks are a great opportunity for us to get out of the house, get some fresh air and gentle exercise, meet some new people, and have chat in a friendly, supportive and inclusive group. Our MindSpace groups are intended in particular for local adults experiencing feelings of low mental wellbeing.

MindSpace is always led by two Derbyshire Mind Community Volunteers who provide a valuable listening ear as well as friendly and supportive company.



**Scan the QR code below to find out more,
and check upcoming dates and times:**



**Markeaton Park, Derby (DE22 3BG) – Meet
our two friendly walk leaders at the Model
Railway building, next to the main car park.**

- Wednesday Evenings (between June-
Sept): Meet at 6pm**
- Friday Mornings: Meet at 10.30am**

**Groups meet every other week. Check all
upcoming dates online or contact us.**

**To find out more, and view our activity calendar, visit:
www.derbyshiremind.org.uk/mindspace**