

Wellness Walks

Join us for a gentle guided walk in the beauty of nature!

There will be opportunities to discuss your career ideas and chat with our team of mental health experts.



Oswestry

Wednesday 26th July | 3pm - 4pm

Cae Glas Park Gates

opposite Square One Coffee



Shrewsbury

Thursday 27th July | 2pm - 3pm

Blue Gates at Quarry Entrance

opposite St. Chad's Church



Telford

Thursday 24th August | 10am - 11am

Telford Town Park

opposite Visitors' Centre



Referral to our service is not required to attend.

Contact Leanne for more information on
leanne.morrissey@shropshire.gov.uk