

Walk 'n' Talk!

Do you know the benefits of taking regular walks?



Support and friendship
for families

We are arranging a series of walks for families with young children in the Great Yarmouth area over the next few weeks and would love you to come along and join us!

Our aim is simply to have fun and meet new people but there are some other amazing benefits of walking:

- Lifts your mood
- Reduces isolation
- Helps to improve physical and mental wellbeing
- Encourages you to engage with the outside world
- Have fun with your child and help them learn

Our aim is simply to have fun and meet other people!!

The walks will take place from **10:30—12:00**, with fun activities. Refreshments will be provided at the end of each walk.

The dates are as follows, if you are interested in joining us please give us a call on 01603 977040 to book your place.

Weds 5th September, Beaconsfield Recreation ground, Gt Yarmouth

Weds 12th September, Bure Park, Caister Rd, Gt Yarmouth

Weds 19th September, Pirate Ship, Gorleston Cliffs play area

Weds 26th September, Beaconsfield Recreation ground, Gt Yarmouth

Weds 3rd October, Bure Park, Caister Rd, Gt Yarmouth

Weds 10th October, Pirate Ship, Gorleston Cliffs play area

Weds 17th October, Beaconsfield Recreation ground, Gt Yarmouth

Weds 23rd October, Gorleston Library, special celebration

Home-Start Norfolk
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