

WHAT IS MENWALKTALK?

MENWALKTALK is a registered charity which aims to support men who may be struggling with their mental health, as well as reducing social isolation. We facilitate walking groups and host an online space for men to meet other men and provide each other mutual support because you are not alone.

HOW DO I GET INVOLVED?

We understand the importance of getting out in nature and speaking out when we don't feel ok and we would love to meet you on a walk soon ! All of our groups are free to attend and take place in Retford, Worksop and Idle Valley. Dates and times can be found on our Facebook page Get Out Get Active Bassetlaw or by calling 01777 709650 alternatively you can e mail goga@actioncentre.org.uk



MENWALKTALK WOULD LOVE YOUR SUPPORT. IF YOU WOULD LIKE TO VOLUNTEER OR DONATE, PLEASE VISIT OUR WEBSITE FOR MORE DETAILS AND CONTACT US!

www.menwalktalk.co.uk/notts

www.bassetlawactioncentre.org.uk