



East Riding Wellbeing Walks

Delivered by Humber
Recovery and Wellbeing
College

In Partnership with
Mental Health Mates

CHAT AND WALK IN A SAFE
NON-JUDGEMENTAL
ENVIRONMENT

EASY TO ACCESS WALKS DESIGNED
TO PROMOTE YOUR MENTAL AND
PHYSICAL HEALTH

OPPORTUNITY TO MEET LIKE
MINDED PEOPLE.



Join our wellbeing walks and take positive steps towards a healthier
mind and body!



Scan our QR code to Register
or visit our website.

<https://humberrecoverycollege.nhs.uk/>






Caring, Learning
& Growing Together





(DRIFFIELD) 12TH JUNE
1PM – 3PM

Meet at the Leisure Centre,
Bridlington Road.





(GOOLE) 19TH JUNE
1PM – 3PM

Meet at the Estcourt Street Car
Park.



(BEVERLEY) 26TH JUNE
1PM – 3PM

Meet at the Foresters Arms,
Beckside.



(HORNSEA) 03RD JULY
1PM – 3PM

Meet at Tesco's Car Park,
Southgate.



(BRIDLINGTON) 10TH JULY
1PM – 3PM

Meet in the car park at
Bridlington Leisure Centre.



(WITHERNSEA) 17TH JULY
1PM – 3PM

Meet at the Leisure centre,
Station Road.