

From: Lucy Brierley - Mental Wellbeing Services Coordinator

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Subject: **New walk and talk in Chesterfield**

Hello,

I hope you are well.

Derbyshire Mind have started a new MindSpace walk and talk group at Queens park in Chesterfield, and I was hoping you would help us spread the word.

I have attached the [poster](#) about the group to this email.

Thursday Mornings (fortnightly) – Queens Park Chesterfield

Meet at 10.30am, at the Band Stand opposite the football courts (S40 2ND)

Derbyshire Mind's MindSpace Walk-and-Talk groups are supportive community groups that create space for us to get together, get some fresh air, meet some new people, in a friendly and inclusive group. But, most importantly, they provide a valuable space to talk and be listened to by our compassionate Peer Support Volunteers who are trained to listen and empathise with your situation, but not try to 'fix'.

<https://www.derbyshiremind.org.uk/services/community-mental-wellbeing-services/mindspace/>

You can keep up to date with days and times for all our walks through our What's on calendar - <https://www.derbyshiremind.org.uk/activity-calendar/>

If you fancy popping along to our walks please do and if know of anyone who you think would enjoy or benefit from them, it would be great if you could pass this on.

If you need any more information, please do not hesitate to ask.

Many Thanks

Lucy

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