

Nature Walks for Carers

IRCHESTER COUNTRY PARK

Second and Fourth Friday of each Month

(Come clothing/footwear prepared to walk. If weather unsuitable we will still meet up for teas/coffees in the café)

Car parking fee paid for, and Tea and Coffee will be provided

10:30 - 12:30

Come to the park and engage in a natural environment. Short walks at your own pace. Reconnecting with others and the outside after lockdown, making new friends and talking to people who understand your caring role.

Northamptonshire Carers in association with Northamptonshire Sport. For more information please call the Carers centre on 01933 677907 or email sarahd@northamptonshire-carers.org



Northamptonshire Carers is a Registered Charity No. 1061417 Limited by Guarantee No. 3328459