



Walk in the Parkland

Advice:

If you do decide to join us, here are some important things to be aware of:

- The meeting point for the walk is outside **the Mind in Haringey Offices at 12pm**. We be will departing 5-10 mins after our scheduled meeting time.
- Weather can often be mixed, so umbrellas, light rain coats and sensible shoes are always advised.
- Make sure not to wear your favourite pair of shoes! Even if weather is generally fine before the walk, it incorporates a wide variety of terrain and muddy feet are a distinct possibility.
- It would be advisable to a bring a bottle of water; the walk takes in a large number of natural areas and does not pass very many shops.
- It is not essential to walk the whole route if you begin to feel tired or out of sorts! The most important part of mental health awareness week is to look after your mental health and enjoy the sights on offer. Walking is hugely beneficial for your mental health and we wanted to bring the community together in the open air, to raise money and honour this year's theme of nature, there is no pressure!
- If you lose or cannot meet anyone in your group on time, setting either the start or finish point as a meeting place in advance would be a good idea, although the walk is long, the distance between the two points is not that large, particularly by bus or train.