



**Creating
Ground**

*Free, family-friendly,
and open to all abilities.*

Walks for Wellbeing

**Join our mindful walks in nature for migrant women in
Greenwich!**

An opportunity to connect with the natural environment, engage in gentle creative activities, and improve our wellbeing.



Each walk will combine gentle walking with short stops for group exercises and reflections.

Locations will vary and walking routes will be communicated in advance.

Dates of the walks (Fridays, 10:30am - 12:30pm):

27th February, 27th March,

24th April, 8th May, 22nd May,

12th June, 26th June, 3rd July, 17th July

To register or find out more:

email Rose at projects@theground.org.uk



**WALKING AND
CYCLING GRANTS**
A TfL COMMUNITY PROJECT