

Local wellbeing activities for improving health

Join our fully inclusive and dementia friendly walking group and singing sessions, every Thursday from 11am

Singing Group

Starts Thursday 18th January Ravenscourt Park Glasshouses, London, W6 OUL

11am – 12.30pm

Walking Group

Starts Thursday 25th January Meet at Loftus Road Stadium, W12 7PJ 11am – 12.30pm

Ends with a social session and refreshments at Elgin Close Resource Centre, Goldhawk Road

Activities will alternate each week. Please be sure to wear appropriate clothing and to bring drinking water. Walkers go at their own pace.

Part of the Active Minds wellbeing programme for 18+

To register your interest please contact Sinead Friel Email: sinead.friel@qpr.co.uk **Tel:** 07807 788511

QPR in the Community Trust is committed to Safeguarding and protecting children, young people and adults at risk and fully accepts its responsibility for the safety and welfare of all those who engage with the Trust. A copy of our safeguarding policies and procedures can be found on our website and any safeguarding concerns should be passed to the Safeguarding Officer, Paul Weekly. E-mail: paul.weekly@apr.co.uk. Tel: 020 3198 7111.