



Walk Talk Walk

Join us for a gentle walk around Palmer Park to catch up and enjoy the outdoors, with a stop of at Tutu's Ethiopian Table for a hot drink.

Peer support workers and volunteers will be there to provide informal support.

Fridays 10:30am till 12 noon Tutu's café Palmer Park Wokingham Rd, Reading RG6 1LF



Free to join, Enrol with us

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