



Pace of Mind Norfolk

Friendly walking and running groups across Norfolk!

Friendly running and walking groups for all abilities, in green spaces across Norfolk.

Develop your fitness.

Increase your sense of wellbeing.

Boost your connection with nature.

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

Pace of Mind Norfolk

Who is Pace of Mind for?

This project is open to anybody struggling with low mood, stress and life's ups and downs. We particularly welcome those who felt the Covid 19 pandemic impacted negatively on their mental health.

What do we offer?

Our friendly walking and running groups take place in green (and blue!) spaces for people of all levels of fitness. Exercising in nature is proven to have huge benefits for our wellbeing and it's a chance to explore and discover beautiful natural places local to you. After the run or walk, there is an optional chance to chat with like-minded others over a cup of tea.

Supported by the NHS Charities Fund.

For more information:

Email: paceofmind@norfolkandwaveneymind.org.uk

Call: **0300 330 5488**

Website: norfolkandwaveneymind.org.uk/pace-of-mind

We also offer forest-bathing sessions, which are a way of spending time in nature mindfully to boost relaxation and connection to the life around us. All these activities will take place in King's Lynn, Sheringham, Norwich, Great Yarmouth & Thetford

How do I access this service?

Fill out a registration form by contacting our Project Coordinator at the address below. If you have any questions about the running or walking groups, the forest-bathing sessions or whether they are right for you, please do get in touch.

