



My name is:.....

I'm fundraising to support Wellness Walks

**On June 1st this year I'll be walking
across Morecambe Bay with Wellness Walks
-nearly 8 miles & including wading through water**



Why this matters...

- 1 in 4 people will face a mental health problem this year
- In 2020, 1 in 6 children experienced a mental health problem
- Even if we don't know it we all know someone this affects

Wellness Walks provide totally free walks for anyone feeling low. Walks are always delivered by fully qualified individuals who have been specifically trained to not just to keep people safe but also to support people's mental health, to provide a kind listening ear & to give people the chance to engage with other people whilst getting out into nature.

I'm going to take on the Cross Bay challenge because I know just how important helping people is and I want to raise funds to help Wellness Walks be able to offer as many people as possible in as many places as possible to take the first steps to feeling better.

If you think Wellness Walks sounds like the sort of thing that could help you or someone you know - or even if you just think "what a great idea" then I'd really really appreciate you sponsoring me to take on this challenge

For more details, how you can get involved & to see other free walks :

www.wellnesswalks.org.uk

Please sponsor me!



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Wellness Walks

Please sponsor me!

Your Name	Sponsorship Amount	Paid ✓ ✗	Date

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