



Red Balloons supports people with ill mental health to use physical activity to improve their mental and physical wellbeing. Our sessions are run by Volunteers who all have lived experience of ill mental health so they can offer people someone to talk to. Our focus is on supporting people to use physical activity along with other things to improve their own wellbeing. Our groups are warm, welcoming and supportive Peer Support groups. We also offer 1-1 sessions run by our most experienced Volunteers.

We don't have a formal referral process. We are happy to take self-referrals so people can contact us via our Facebook page, through the Website or our Email address (see below) or just turn up on the day. However, I'm happy to ring people if they would like more information before they come along. We're currently organising a direct phone number and will update you when we have that. Our only criteria is that people consider themselves to have ill mental health – chronic stress, anxiety, depression or any other issue/diagnosis.

Local Walk & Talk Sessions:-

New Walk starting **Monday 7th June** – Preston Park, Mondays at 6.00 pm, meet at the Museum Entrance (Walk Leader Leigh)

Norton Walk & Talk Group - Tuesdays at 6.15 pm, meet at Pondview opposite the Duck Pond (Walk Leaders Debbi and Michael)

Preston Park Walk & Talk Group - Wednesdays at 9.30 am, meet at the Museum Entrance (Walk Leaders Leigh and Becky)

Ropner Park Walk & Talk Group - Thursdays at 10.30 am, meet at the Fountain (Walk Leaders Louise and Brenda)

Roseworth Walk & Talk Group - Thursdays at 5.30 pm, meet at the Outdoor Gym outside Kiora Hall (Walk Leaders Leigh, Dizzy and Becky)

Darlington Walk & Talk Group - Sundays at 11.00 am, South Park, meet at the Pavilion (Walk Leaders Ann, Louise and Brenda)

Preston Park Walk & Talk Group - Sundays at 3.00pm, meet at the Museum Entrance (Walk Leader Leigh)

Feel free to contact us if you'd like to discuss a referral or if you have any questions.

We also offer a messaging service via Facebook (7am-7pm 7 days per week), a Private Wellbeing Support Group via Facebook and 3 zoom Peer Support sessions per week.

Contact Details:

<https://www.facebook.com/redballoons2017>

<https://redballoons.org.uk>

redballoons.volunteers@gmail.com

Leigh (private mobile) – 07486 594499 (for referrers only)