



11TH JUNE 2019

CARER HEALTH WALK

Join us to celebrate Carers Week

Enjoy a leisurely walk around historic Barrow Bridge Village, on the edge of the ancient woodland.

Accompanied by a Woodland Trust Walk leader and staff from Greater Manchester Mental Health.

We will leave Barrow Bridge Car Park at **11am** for a short gentle stroll, whilst hearing about the history of Barrow Bridge. Afterwards we will head to St Peters Mission for refreshments.

To get to the Barrow Bridge car park, drive onto Smithills Dean Road and head towards the school, turn left onto Smithills Croft Rd, at the end of the road you come to Barrow Bridge Road, the Car park is on the left. For **Sat Nav use BL1 7NH**.



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www.gmmh.nhs.uk



@GMMH_NHS

Barrow Bridge
Health Walk

Join us for a walk, talk,
& refreshments

Meet at 11am

Woodland Trust

Car Park

Barrow Bridge Rd

Bolton BL1 7NH

**Your Health & Wellbeing
is important to us!**

**Please ring and book
your place**

Call Suzanne Grundy

On 01204 483038

**Leave a short message
and you will be called
back.**

