



# TEAM HORNCHURCH

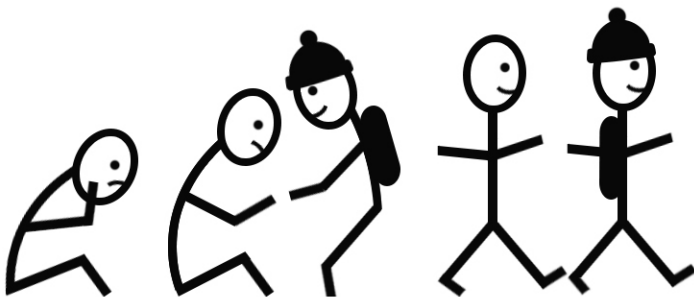
Sundays at 9am

Meet outside Hornchurch Country Park Cafe  
(Squadrons Approach, RM12 6DF)

Why not come down and join our peer to peer  
**walk** and **talk** groups.... It's **FREE!**

With every walk you are helping bring an end  
to the stigma of mens mental health.

Let's start chatting about what really matters.



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