

TEAM REDBRIDGE

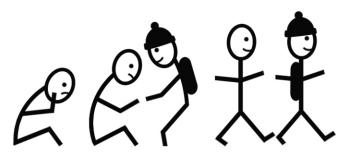
In partnership with One Place East Where disability matters

Thursdays 7pm Meet outside Ilford Train Station

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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