

# TEAM ROMFORD

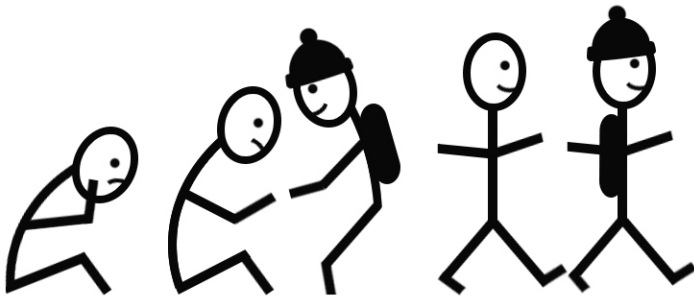
**Mondays at 7pm**

**Meet at Lodge Farm Park**  
(13 Carlton Road, Romford, RM2 5AP)

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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