

## WHEN

Mondays during  
term time.  
9.30 - 11am

## WHERE

We start at the  
Bonnyrigg Rose  
Community  
Cafe Poltonhall  
Recreational  
Grounds in  
Bonnyrigg.  
At the end of  
each walk we  
welcome you to  
stay for tea or  
coffee at the  
cafe.

## COST - FREE

You may wish to  
buy a tea/coffee  
after the walk.



**mumswalk**  
mums supporting mums

A peer support walking  
group for mums (with babies/  
children of any age) who are  
experiencing mental health  
difficulties such as low mood,  
depression and anxiety.

The group is led by mums who  
all have personal experience  
of mental health difficulties.



mumswalkmidlothian@gmail.com

Walks are gentle  
and led by mums  
who are Paths for  
All trained health  
walk leaders.



FOR A HAPPIER,  
HEALTHIER SCOTLAND



Partner



mumswalk has been set up by a group of mums who all have personal experience of mental health difficulties in the postnatal period and beyond. Talking with other mums who could relate to what we were going through was important in our recovery. We now want to offer that support to more mums in Midlothian.

## What does the group offer?

a safe place  
to talk and be  
listened to

knowing  
**you are  
not alone**  
in how you are feeling

**hope**  
that with the right help and  
support you can and will recover

information  
about help  
and support  
available in  
Midlothian

sharing ideas about  
**recovery**  
and staying well

being outdoors  
and walking can  
have a positive  
effect on our  
mental health  
and wellbeing

There is no need to book a place in advance, just turn up. We know that it can be difficult to go along to a group for the first time, so one of our volunteers can meet up with you beforehand if that would be helpful.

