



**Canal &
River Trust**

Making life better by water

Chats with Chaps

Coffee, Wellbeing & Projects

Last Wednesday of the month, 10:30am – 3pm



Join our Chats with Chaps men's group.

This is part of the Waterways Wellbeing programme, join our group for guys to get together to chat and have a go at various activities

Research shows that being near or on water can hugely improve your wellbeing making you feel happier, healthier, and giving you the confidence to deal with daily challenges.

Come and join our Wellbeing Chats with Chaps group and enjoy getting involved with activities such as, narrowboat trips, walks, canoeing, birdbox making as well as fixing, and tidying things whilst in the company of other men.

We meet the last Wednesday of every month at Trent Lock, Lock Lane NG10 2FY and have arranged trips to other destinations in warmer weather.

The group is led by our wonderful volunteers who are very enthusiastic and bring a wealth of experience. They will also tap into the experience of people who join the group. There is always a cuppa and snacks.

Our waterways are making a difference to millions of lives every year. We want as many people as possible to feel the difference by making canals and rivers part of their daily lives.

To find out more you can speak to your GP or link worker at your medical practice to be referred to this programme. We also take referrals from community and faith groups and self referrals. Please contact the wellbeing coordinator on the below details for more information.

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