

Leicester Life Links

WALK & TALK SUPPORT GROUP

A **peer-led support group** for people who enjoy fresh air, nature and connecting with others, which aims to improve wellbeing and develops a sense of community.

Every Other Wednesday 14:00-15:00

Locations May Vary So Check Before Each Session

For more information, please visit our website
or call our freephone information line.

www.rflifelinks.co.uk

0800 0234 575



Walk & Talk Support Group Schedule

WITH LEICESTER LIFE LINKS

JANUARY/FEBRUARY:

24/01/2024 - LEICESTER CATHEDRAL

BUILT ON THE SITE OF A ROMAN TEMPLE AND DEDICATED TO ST MARTIN OF TOURS, THE LEICESTER CATHEDRAL HAS BEEN EMBEDDED IN THE PUBLIC, ECONOMIC, CULTURAL AND RELIGIOUS LIFE OF THIS COMMUNITY FOR OVER 900 YEARS.

LOCATION: LEICESTER CATHEDRAL, PEACOCK LANE, LEICESTER LE1 5PZ

07/02/2024 - LEICESTER VISTAS

LOOK AT LEICESTER WITH NEW EYES AS THIS EXHIBITION EXPLORES VIEWS OF OUR HOME FROM LEICESTER MUSEUMS & GALLERIES FINE ART COLLECTION, CONTRASTED BY PHOTOGRAPHS FROM LEICESTER CITY COUNCIL'S PHOTOGRAPHIC ARCHIVE.

INCLUDES NEVER BEFORE SEEN PHOTOS FROM THE ARCHIVE, AS WELL AS NEW ACQUISITIONS FROM THE FINE ART COLLECTION.

1ST FLOOR, 53 NEW WALK, LEICESTER LE1 7EA

21/02/2024 - THE LEICESTER HERITAGE TRAIL

GO ON A JOURNEY OF DISCOVERY THROUGH LEICESTER. AS A GROUP, NAVIGATE YOUR WAY THROUGH THE CITY, DISCOVERING A TRAIL OF INFORMATION PANELS RELATING TO LEICESTER'S EXTENSIVE HISTORY. YOU WILL FOLLOW THE MEDIEVAL TRAIL, THERE ARE SEVEN HERITAGE PANELS DEDICATED TO TELLING THIS STORY.

LOCATION: LCB DEPOT, RUTLAND STREET, LE1 1RE



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MARCH:

06/03/2024 - ABBEY PARK TREE TRAIL

THE ABBEY PARK TREE TRAIL ALLOWS VISITORS TO HAVE A LEISURELY WALK AND FIND OUT INTERESTING FACTS ABOUT MANY OF THE MAGNIFICENT TREES THAT RESIDE WITHIN THE PARK. THE 21 TREES ARE ALL MARKED WITH SMALL ROUND NUMBERED METAL TAGS.

LOCATION: ABBEY PARK CAFE, LE4 5AQ

20/03/2024 - BOTANICAL GARDENS

AT THE BOTANICAL GARDENS, YOU CAN SEE AND LEARN ABOUT A WIDE RANGE OF PLANTS THAT GROW IN THE EXTENSIVE COLLECTIONS FROM AROUND THE WORLD.

LOCATION: GLEBE ROAD, LEICESTER, LE2 2LD