



# NEW HORIZONS MENTAL HEALTH

# WALKING GROUPS

THURSDAY AFTERNOONS

1PM

**CLYDACH  
LAKES**

CLYDACH VALE

Meet by Cafe

FRIDAY MORNINGS

10.30AM

**YNYNSANGHARAD  
PARK**

PONTYPRIDD

Meet by gates on Bridge St

FRIDAY MORNINGS

10.30AM

**ABERDARE  
PARK**

ABERDARE

Meet by bottom gates on

Glan Road

CALL 01685 881113 OR EMAIL [INFO@NEWHORIZONS-MENTALHEALTH.CO.UK](mailto:INFO@NEWHORIZONS-MENTALHEALTH.CO.UK)  
FOR MORE INFORMATION

WELSH GOVERNMENT SOCIAL DISTANCING GUIDELINES WILL BE IN PLACE