



Peer Support Health Dog Walk Meet-Up

Are you a Dog Owner or Dog Lover with a Mental Health Condition and interested in coming along to walk your dog with Lise & Daithí and other Dog Owners or Dog Lovers with Mental Health Conditions on the Common in Southampton?

Why not come meet up with us outside the Hawthorns, at 11.45am, every 4th Tuesday of the month, and walk on the Common. Family, personal assistants/carers and support workers are also welcome.

A chance to -
Meet and socialise with others with a shared experience



Find acceptance



Be part of something new



Have your dog socialise with other dogs



Have fun



Enjoy each others company



Make new friends



Offer and get support



Get outdoors



Share knowledge or get support with your dog



SUPPORTED BY



SOUTHAMPTON
CITY COUNCIL

If you would like further information or prefer to meet with someone before coming on a walk feel free to contact Lise on 023 80559163 or capablecreatures@btinternet.com or why not join our Facebook Group at www.facebook.com/groups/peersupportdogwalking/

We would ask that you contribute £1 towards the cost of the insurance necessary to hold these walks

