

Urban Ramblers

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Urban Rambling is a community group for people with mental health issues that are residents of Tower Hamlets. We have been on various outings which include; Jewish guided walk, Wapping history walk, Route Master Tour, River Boat Tour, Hampton Court Palace Visit, Various Museums, and loads of others.

We meet up every fortnight on a Sunday at 2pm. The meeting point depends on where we are going.

Every outing is free and after the walk we all pile into a cafe and have refreshments.

We have been given a grant from Tower Hamlets Council, and so that covers the cost of it all. In other words each member pays nothing.

It is a great way of getting out of the house and socialising. The group is very supportive. Come and join us.

If you'd like any information, or to come along to future events, please email us a.

urban_rambling@hotmail.co.uk

Who to contact

Name	Ana Figueiredo
Position	Facilitator
Telephone	07958761283
Email	urban_rambling@hotmail.co.uk

Where to go

Additional Notes	We meet at the place where we will begin the walk. It varies.
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When is it on?

Time of day	Afternoon
Session Information	Every fortnight on a Sunday

Other details

Cost(s)	Free
Who can use this service?	People with mental health issues
Referral required?	No
Who can make a referral?	Anyone

Mental Health Services

What your service now offers?	<p>Its a way of getting like minded people to meet each other and have a chat.</p> <p>It is a great way of getting out of the house to stretch the legs and socialise. The group is very supportive. And we always have a natter whilst having refreshments. When we go on one of our professionally guided walks we feel inspired and also learn something new.</p>
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Can service users refer themselves?	Yes
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Types of services and activities	Vocational training, Group session, Out of hours
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Mental Health Conditions and Related Issues	Obsessive-compulsive disorder, Panic attacks, Paranoia, Sleep problems, Stress, Hearing voices, Psychosis, Bipolar disorder, Schizophrenia, Seasonal Affective disorder, Borderline personality disorder, Depression, Self-esteem issues, Personality disorders, Phobias, Postnatal depression, Anxiety and panic
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attacks, Post-traumatic stress disorder (PTSD)

Service User interests

Fitness and sport, Courses and learning
