



COMMUNITY-SUPPORT- CONNECTION

OUR MISSION IS TO MAKE RUNNING AND MENTAL HEALTH SUPPORT LESS INTIMIDATING AND MORE ACCESSIBLE.

Run Talk Run is a **free** weekly **5km** session for **ALL** abilities, it's a confidential space to share your good days, your bad days, or anything in-between.

We are a mental health support group first and a running club second, whether you want to feel heard, be there to listen to others, or just have some friendly company while you exercise.

Run Talk Run is an inclusive, welcoming, and safe space with support at the forefront. We are not trained mental health advisors, but runners who use exercise to help us deal with the day-to-day troubles life sometimes brings us and we find running with like-minded individuals no matter how fast or how slow helps...

WANT TO JOIN US?

Leigh Leisure Centre
Thursday Evenings

Meet @ 18:30 for a 18:45 start.

Download the Heylo App – Join the Northwest Group – indicate in your Bio which RTR group you are interested in.

Search the events to find Leigh RTR and add yourself by clicking RSVP

Got a question or want to learn more about Run Talk Run?

Contact us via the website:

www.runtalkrun.com

Follow us on instagram: @runtalkrun

We may have to cap the number of runners when required for safety reasons.