

Oxfordshire Mind



Aspects of Oxford Sponsored Walk

**A Circular Walk from Christ Church War Memorial Garden To Carfax Tower
Approx 5 miles – Starting at 11.00 a.m.**

Saturday, 12th July 2008

There are many differing aspects to Oxford – town and gown, rivers and streams, parks and countryside, and this walk certainly has diversity! The walk, along riverbanks, through streets and meadows, in the parks and town is approximately five miles. It is flat, easy walking on good firm paths or pavements. Unfortunately two swinging 'kissing type' gates make it unsuitable for wheelchairs, but dogs are welcome providing they are kept on leads. What you'll get to see / glimpse on the way round: Christ Church Meadow, the two rivers of Oxford (the Isis and the Cherwell – an idyllic stretch of water for punting), Magdalen College Tower, Botanic Garden, Magdalen Bridge, St Clements Church, University Parks and Cricket Ground, Keble College, Trinity College, Wadham College, New Bodleian Library, Sheldonian Theatre, Divinity School, Brasenose College, All Souls College, St Mary the Virgin Church and more... Those who wish to can stop off at The Vaults Tea Room at St Mary the Virgin Church at the end of the walk (the cakes come highly recommend and the building is lovely to view inside). There is also a gift shop if anyone wishes to browse.

Funds raised from the Sponsored Walk will help provide vital services for people who are experiencing mental and emotional health problems such as anxiety, bereavement, depression, life crisis, loneliness, recovery from breakdowns, panic attacks, stress and schizophrenia. Last year there were over 36,000 visits to Mind day services in Oxfordshire alone.



For a sponsorship form or make a donation please contact:
Nicky Clargo, Oxfordshire Mind, 125 Walton Street, Oxford OX2 6AH
Tel: (01865) 310830 or Email: nicky.clargo@oxfordshire-mind.org.uk
Please make donations payable to 'Oxfordshire Mind'.

**For better
mental health**

Every year Oxfordshire Mind has to raise over £30,000 to keep its services going.
We rely on donations to continue our work. Please help if you can!