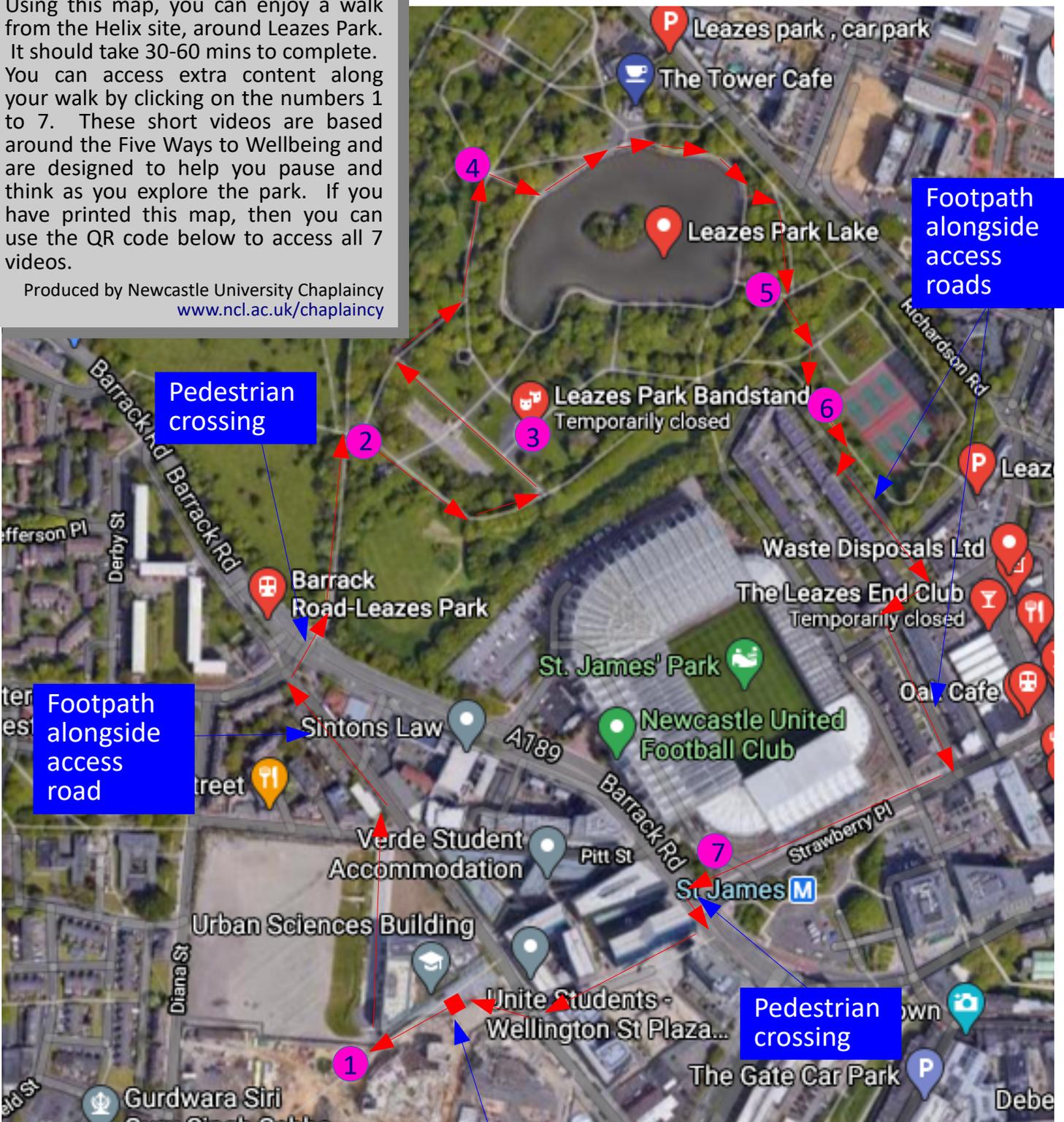


Walk and Talk Virtual - Leazes Park from Helix site

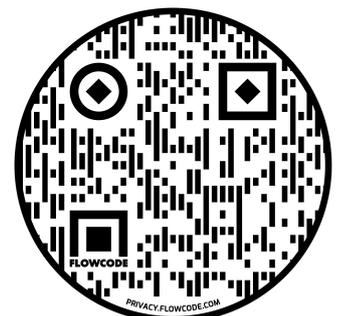
Using this map, you can enjoy a walk from the Helix site, around Leazes Park. It should take 30-60 mins to complete. You can access extra content along your walk by clicking on the numbers 1 to 7. These short videos are based around the Five Ways to Wellbeing and are designed to help you pause and think as you explore the park. If you have printed this map, then you can use the QR code below to access all 7 videos.

Produced by Newcastle University Chaplaincy
www.ncl.ac.uk/chaplaincy



Direction of walking route. Start/end at paved area between the USB and The Frederick Douglass Centre.

Start/end point for walk



Link to video content for numbers on map.