

Men Walking and Talking

Men Walking & Talking UK was created with one clear goal: **to support men's mental health through the power of connection and conversation.**

They bring men together for weekly walks in local communities across the UK, creating a safe, relaxed space where it's okay to talk — or just listen.

Here in the North East, our local 1 hour walk in Newcastle is along the **Newcastle Quayside**,

- **Meeting Point:** The Cycle Hub, NE6 1BU
- **When:** Tuesday at 6.30pm
- **Duration:** up to 1 hour
- **Cost:** FREE
- **Walk Leader:** Dave Lattimer

There is free parking the cycle hub after 6pm, the walk is accessible, flat and well lit.

This is a safe environment to enable a walk and a chat, no pressure, no judgment and this can be the first step toward better well-being.

Last updated: September 29, 2026

Website: <https://www.menwalkingandtalking.co.uk/>

Email: hello@mwat.co.uk

Facebook: <https://www.facebook.com/groups/9827486597311035/user/100084223486429/>

Opening Hours: Tuesdays 6.30-7.30pm

Cost: Free

Address:

Men Walking and Talking, The Creative Quarter
Shrewsbury Business Park
Shrewsbury
SY2 6LG