



STRENGTH OF MIND

BLUE LIGHT WALK

Scarborough to Blackpool Charity Walk

www.bluelightwalk.com



Join us to support your emergency services personnel on

'THE FIRST STEPS'

The Yorkshire leg of the Blue Light Walk

Sunday 25 September 2016

**Scarborough
RNLi Station**

22.5 miles

**Pickering
Recreation Club**

The **Blue Light Walk** is a coast to coast sponsored walk to raise funds for the **MIND Blue Light Programme**, supporting positive mental health of emergency workers across the UK. 'The First Steps' is open to all emergency services staff, their friends, family and supporters.



Donate on your mobile - text MBLP99 (with the amount you'd like to donate eg £5) to 70070

To register to take part, to donate or to find out more visit:

www.bluelightwalk.com

