



Black Country  
**Mental Health**

# Monthly Walking Group 2022

January – June Programme

## Walking Leaders



Ade



Kirpal

## **Saturday January 29th**

Kinver Woods and Canal Loop (including a half way warm up stop at a local Café)

Meet: 10.00 at the Car Park for the Kinver Rock Houses

Easy walk, a few steps but generally flat.

## **Saturday February 26th**

Leasowes Park, Halesowen

Meet 10.00 at the Leasowes Park Car Park.

Moderate walk, some steps—great views

## **Saturday March 26th**

Bunkers Hill Wood, Springtime Walk, Stourbridge

Meet 10.00 at Bunkers Hill Car Park.

Moderate walk, some hills—nice views and (hopefully) some spring flowers!

## **Saturday April 30th**

Pedmore Fields loop, Stourbridge

Meet 10.00 at Ounty John Lane, Pedmore Stourbridge DY8 2RG

Easy walk, some stiles and steps -might be mud.

## **Saturday May 28th**

Baggeridge Park to Himley walk, Sedgley (including optional café stop at the end)

Meet 10.00 Baggeridge Car Park. There is a fee for car parking at

this venue

## **Saturday June 25th**

Clent Hill Summer Walk, Clent (optional café stop at the end)

Meet 10.00 Nimmings Wood Car Park, Clent Hills. There is a fee for car parking at this venue

**DETAILS FOR THE REST OF 2022 WILL BE RELEASED  
LATER.**

### **SATURDAYS TO KEEP FREE:**

JULY 30th

AUGUST 27th

SEPTEMBER 24th

OCTOBER 29th

NOVEMBER 26th

DECEMBER 31st

**MIDNIGHT WALK FOR WORLD MENTAL HEALTH DAY  
SUNDAY 9th OCTOBER—WATERFRONT, MERRY HILL.**



## **Black Country Mental Health is your local Mental Health Charity.**

We need your support to enable us to carry on with our work supporting people to manage their mental wellbeing.

### **Will you help us?**

Are you able to donate to us or hold a fund raising event?

Could you volunteer a few hours a week?

Are you able to telephone someone to give them support on a weekly basis?

### **Become a member of Black Country Mental Health for a year at a cost of:**

Unwaged	£3 per year
Waged	£10 per year
Companies	£250 per year

**Charity Number 1002257**

**IF YOU OR SOMEONE YOU KNOW NEEDS  
SUPPORT PLEASE CONTACT US ON 01384 442938**

**IF YOU WANT INFORMATION PLEASE RING 01384  
685060**

**Email:**

**[enquiries@blackcountrymentalhealth.org.uk](mailto:enquiries@blackcountrymentalhealth.org.uk)**

