

I've been getting out into nature and walking, either on my own or with dogs, to manage my bipolar disorder for years. It helps to keep me calm and physically healthy, and I love taking the time to be mindful of all the beautiful green spaces around me, even when living in a city. Watching the birds and squirrels always has a calming effect and takes me out of my own head.

For more information please call Dudley Mind

and ask for Simon

01384 442938

Or contact us by email:

simon.bennett@dudleymind.org.uk

Dudley Mind Walking group

A photograph of a group of people walking away from the camera on a paved path through a dense forest. The trees are lush green, and the sunlight filters through the canopy, creating dappled light on the path. The people are dressed in casual outdoor attire, including jackets and hats. The text 'Dudley Mind Walking group' is overlaid on the left side of the image in a large, white, rounded font with a black outline.

Improve your mental health with physical activity and the natural world

Our walking group is a friendly, welcoming and supportive group of people who all enjoy meeting up once a month for a walk and a chat together, to help improve and manage their mental health and wellbeing.

Taking part in a physical activity and being outside in nature can have a lot of positive effects such as:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you make new connections
- provide peer support.

Dudley Mind Walking Group Schedule July - December 2019

Saturday July 27th - Wollaston - canal and fields (including half way refreshment stop at Bell's Fisheries Café!)

Meet at 10:00am, Wollaston Tennis Club car park (off A458 Bridgnorth Road). Easy walk, flat but occasional stile – might be muddy.

Saturday August 31st – Leasowes Park – Leasowes Park Halesowen

Meet at 10:00am, Leasowes Park car park. Moderate walk, some steps – but rewarded with great views!

Saturday September 28th – Bunkers Hill Wood Walk, Stourbridge

Meet at 10:00am, Bunkers Hill Wood car park. Moderate walk, some hills – nice views and (hopefully) spring flowers!

Saturday October 27th – Kinver Canals & Bluebells walk, Kinver (including optional café stop at the end)

Meet at 10:00am, Clock Tower, Kinver High Street. Easy walk, some stiles – might be mud.

Saturday November 30th – Baggeridge Park, Sedgley (including optional café stop)

Meet at 10:00am, Baggeridge Park car park. Easy walk.

Saturday December 28th – Himley Park and Railway, Himley

Meet at 10:00 am Himley Hall & Park car park. Moderate walk – bring picnic items for the end (weather permitting!).