

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 overall atmosphere is peaceful and natural.

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.

Schedule July - December 2019

All walks are between 3-5 miles, allow up to 2 1/2 hours. Basic level of fitness needed and ability to climb steps or use stiles.

Saturday July 27th - Walk and Summer Picnic in the Park, Baggeridge Country Park, Sedgley

Meet at 10:00am, Baggeridge Park Car Park (note there is a small fee of £3 for parking at Baggeridge).

Please bring a picnic item or two to share (unless it's raining – then we'll go to the Café!). Easy walk, some slopes and steps.

Saturday August 31st – The Pedmore Loop, Stourbridge

Meet at 10:00am, Ounty John Lane, Pedmore, Stourbridge.

Easy to moderate walk, some steps – nice views over fields

Saturday September 28th – Bunkers Hill Wood in Autumn, Stourbridge

Meet at 10:00am, Bunkers Hill Wood car park.

Moderate walk, some steep hills – nice views and changing leaves?

Saturday October 26th – Kinver Edge – The Witches' Cave, Kinver

Meet at 10:00am, Kinver Rock Houses Car Park, Kinver.

A Halloween theme to this walk! Moderate walk, some steep slopes – might be mud.

Saturday November 30th – Wollaston Canal Winter Walk (including café stop and warm up at Bell's Fisheries)

Meet at 10:00am, Wollaston Tennis club car park, Wollaston

Easy walk. One stile – might be mud.

Saturday December 28th – Clent Hills Country Park, Hagley

Meet at 10:00 am – Nimmings Wood Car Park, Clent Hills, Hagley (Note there is a fee for parking at this car park)

Moderate walk, some steep climbs. Great views of a winter wonderland?