



To find the most convenient bus route from your location to West Park Wolverhampton, you can use the journey planner on the Travel West Midlands website.

<http://nxbus.co.uk/west-midlands/plan-your-journey>

For more information please call Dudley Mind
and ask for Simon
01384 442938

Or contact us by email:
gstg@dudleymind.org.uk

Get Set to Go

Improve your mental health
through sport and activity



Jolly Joggers West Park - Wolverhampton

Jolly Joggers

- Go from couch to 5K in just 12 weeks
- Feel better about yourself
- Manage stress better
- Think about things differently
- Meet like minded and friendly people
- Have some fun!



How Can Get Set to Go

Help You?

We all need to look after our mental health and Get Set to Go could help. Finding the energy to be more active can sometimes be a struggle. It may also be hard finding an activity that feels right, and for some of us starting something new can sound scary.

That's where Get Set To Go can help. You will get support from our dedicated staff and volunteers who will encourage you..

Who Are The Jolly Joggers?

Jolly Joggers is a group of people who want to jog or run to improve their mental wellbeing with a group of supportive people. Everyone goes at their own pace.

Where Do We Meet?

Jolly Joggers meets at the bandstand in West Park Wolverhampton every Saturday morning at 10:15am for 12 weeks. Our next group will start on the 9th of September 2017 (Free sign up session 2/9/2017).

What Do I Need?

Just bring yourself, wear trainers, loose clothing and a bottle of water.

Who Is It For?

Jolly Joggers is for anyone who feels physical activity may improve their mental wellbeing.

What Does It Cost?

Jolly Joggers is free and is currently funded by the Get Set To Go project at Dudley Mind.

What Do We Do Afterwards?

After each session Jolly Joggers meet up at the café located within West Park for a drink and a chat. If you are interested in staying for a tea or coffee please bring some cash with you.

Some people have gone on to join Park Run after 12 weeks and others run, jog or walk informally with friends from Jolly Joggers.

