

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 Jan - Jun 2020

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.

January – Kinver Edge and Rock Houses - (including half way warm up stop at Café!)

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

February – Leasowes Park Leasowes Park Halesowen

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

March – Bunkers Hill Wood Springtime Walk, Stourbridge

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

April – 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.

May – Baggeridge Park early Summer walk, Sedgley (including optional café stop)

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

June – Clent Hills Summer Picnic, Clent (bring a picnic item for the end!)

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