








	<b>Grade 1</b> = Flat ground / gentle slopes with mainly firm surfaces. Limited / no steps or stiles. 1 hr (shorter walks of 30 minutes incorporated). Accredited by Walking for Health
	<b>Grade 2</b> = Moderate slopes, steps, uneven surfaces and possible stiles. 1 - 1.5hours. Accredited by Walking for Health
	<b>Progression Walks</b> = Likely to include slopes, steps, stiles and uneven surfaces. 1.5hrs +
	Available Parking
	Available Bus Services
	Toilets Available
	Refreshments Available
	Terrain - 1=Easy, 2=Mainly Easy, 3=Possibly Uneven, 4= Uneven.
	Inclines - 1= Few or None, 2=Possible but Few, 3= Possible, 4= Definite
	Muddy Underfoot
□	On Route
?	Possible
✓	Yes
x	No
(R)	Reserve Walk Leader

#### Walks with Other Organisations

<b>Action Heart</b>	Walk Mondays and Fridays - call on 01384 292233
<b>Halesowen Ramblers</b>	<a href="http://www.halrambler.pwp.blueyonder.co.uk">www.halrambler.pwp.blueyonder.co.uk</a>
<b>Stourbridge HF Rambling Club</b>	<a href="http://www.shfrc.org.uk">www.shfrc.org.uk</a>
<b>Dudley Mind</b>	Last Saturday of the month call 01384 442938

For more information please contact:  
**Health & Wellbeing - Age UK Dudley**  
 3 Dudley Court North, The Waterfront, Level Street,  
 Brierley Hill, DY5 1XP

telephone: 01384 343535  
 email: [Health&Wellbeing@ageukdudley.org.uk](mailto:Health&Wellbeing@ageukdudley.org.uk)  
[www.ageukdudley.org.uk](http://www.ageukdudley.org.uk)

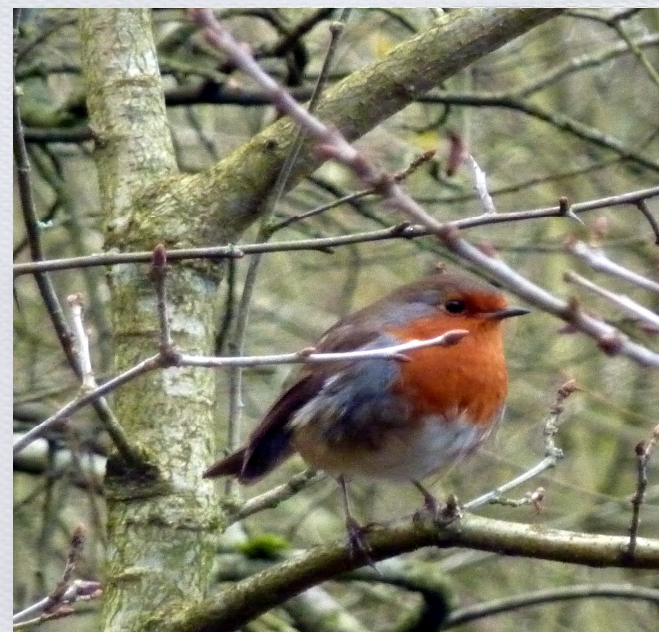
Registered Charity No: 1084182

September 2019



## Health & Wellbeing Project

### *Healthy Footsteps for 50 Plus*



October to December 2019  
 Programme



(See reverse for codes) DATE / VENUE Shorter walks of 30 minutes available	COMMENTS	LEADERS	P	Bus	People	Cup	Folder	Arrow	Foot
<b>1st October - WRENS NEST</b> The Caves Public House, Wrens Hill Road, Dudley, DY1 3SB	2.5 miles	Margaret Kath	✓	8	✓	✓	2	2	?
<b>15th October - HIGHGATE COMMON</b> The Pool Car Park on Camp Hill Road, Swindon, Dudley, (nearest postcode) DY3 4QE Double entranced car park near Mere Lane.	2 - 3 miles	Margaret Kath	✓	X	X	X	2	2	?
<b>5th November - HIMLEY</b> Himley (Old) Station, Himley Lane, Himley, DY3 4LN (turn by bridge just by Sandiacre Farm Shop)	1 - 2 miles	Margaret Kath	✓	X	X	X	2	2	?
<b>19th November - NETHERTON</b> Saltwells Local Nature Reserve (Carpark), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX	2 miles	Kath Margaret	✓	217 238 7	✓	✓	2	2	?
<b>3rd December - NETHERTON</b> Bumble Hole, Windmill End, Netherton, DY2 9HS	1 - 2 miles	Kath Margaret	Gravel Car Park	282	✓	✓	2	2	?
<b>17th December - BRIERLEY HILL - Withymoor</b> The New Wellington, 383 Brettel Lane, Brierley Hill West Midlands, DY5 3LQ	2 - 3 miles	Kath Margaret	✓	6	✓	✓	2	2	?



**Best caption wins a bottle of wine.**

This little devil decided to land smack bang in the middle of one of our groups whilst walking around Halfpenny Green. Hasten to add it came as a bit of a shock ... note to self ... look out for wild clients!

Visit <https://www.ageuk.org.uk/dudley/>

Click on the **Donate Online** button. Donate £1 and in the 'leave a message box' - start your message "Vulture" and then leave your caption. Please leave your name so that we know who we are entering in the draw. Thank you.

Winner will be announced week of 21st October 2019.