



Active Black Country

**Being Active in Sandwell
to Support Mental Health**



The new year is a great time to make positive lifestyle changes and start to be more active. Physical activity has lots of benefits for our mental wellbeing including;

- Improving mood
- Managing stress
- Improving confidence
- Meeting new people
- Improving sleep

There are a number of free local opportunities that are in place to support you during January to April in 2024.



Age UK Sandwell - Walk & Talk Weekly Group Session

Delivered by experienced Age UK Staff and Volunteer Walk Leaders

Start date: Thursday 25th January 1.00pm-2.30pm.

Meeting Point: Sandwell Aquatics Centre – B67 7EP

What's The Activity? Our Age UK Sandwell Walk & Talk Groups are short walks designed for people who wish to gain the benefits of regular exercise, whilst talking to like-minded people. Our advertised weekly 'rain or shine' walks are free, friendly, and fun. Our weekly Thursday walk sets off at the same time each week exploring the local area. Finishing with the opportunity of refreshments and connections

Who Is It Suitable For? Whilst anyone can attend, these walks are aimed towards older people (65+)

How Do I Take Part? If you would like to try one of the regular health walks or simply find out more information, please contact:-

Tel: 0121 437 0033

Email: Info@ageuksandwell.org.uk

Web: activities@ageuksandwell.org.uk



BoxClever Mentoring - 12 Week Wolf Run Challenge

Start date: Thursday 1st February, 5.30pm-6.30pm and every Thursday thereafter

Meeting Point / Place of Activity:

Langley Lodge – B69 4SU

What's The Activity? Do you find yourself struggling with your mental health sometimes? Being physically active can help. BoxClever Mentoring will be running free weekly exercise sessions every Thursday for 11 weeks with a loose focus on non-contact boxing, with an end goal of a 12th and final session incorporating a 5km Spring Wolf Run

Who Is It Suitable For? – Anyone who is able and prepared to work hard to improve their physical fitness, willing to be part of a team environment whilst taking on board instructions from coaches and up for a laugh!

How Do I Take Part? – To sign up, contact Craig Jones

Tel: 07801 930 834

Email: cjboxclever@gmail.com

Facebook: BoxClever Mentoring

Instagram: @blxclevercj

X: @boxclevercj



Oldbury United FC – Walking Football

Delivered by qualified coaches from Oldbury United FC

Start date:

Mondays at 10.30am - Cakemore Playing Fields – B68 8BL

Thursdays at 12.30pm - Portway Lifestyle Centre – B69 1HE

What's The Activity? A fun, friendly environment to exercise through walking football. This activity will support residents in Sandwell to build confidence, meet new people and avoid feelings of social isolation.

Who Is It Suitable For? Anyone over the age of 18

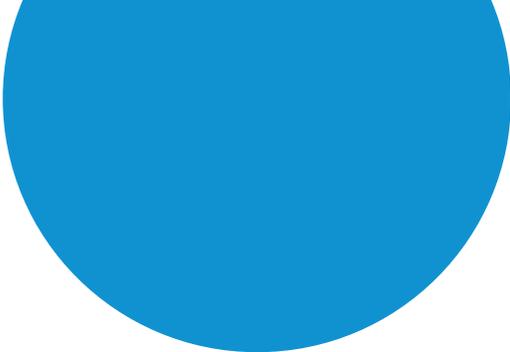
How Do I Take Part? Contact Alexander Thompson

Tel: 07395 258 021

Email: Admin@oldburyunited.co.uk

Web: www.oldburyunited.co.uk





Other Activity Opportunities

There are a range of other physical activity opportunities available across Sandwell. Visit the following sites for more information

Black Country Moving

<http://www.blackcountrymoving.co.uk>

Healthy Sandwell

<https://www.healthysandwell.co.uk/>

