








	Grade 1 = 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
	Grade 2 = Moderate slopes, steps, uneven surfaces and possible stiles. 1 - 1.5hours. Accredited by Walking for Health
	Progression Walks = 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

Walks with Other Organisations

Action Heart	Walk Mondays and Fridays - call on 01384 292233
Halesowen Ramblers	www.halrambler.pwp.blueyonder.co.uk
Stourbridge HF Rambling Club	www.shfrc.org.uk
Dudley Mind	Last Saturday of the month call 01384 442938
Carers & Community Amble - Saltwells Nature Reserve	Second Thursday of every month call 07920235036

**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

www.ageukdudley.org.uk



Health & Wellbeing Project

Healthy Footsteps for 50 Plus

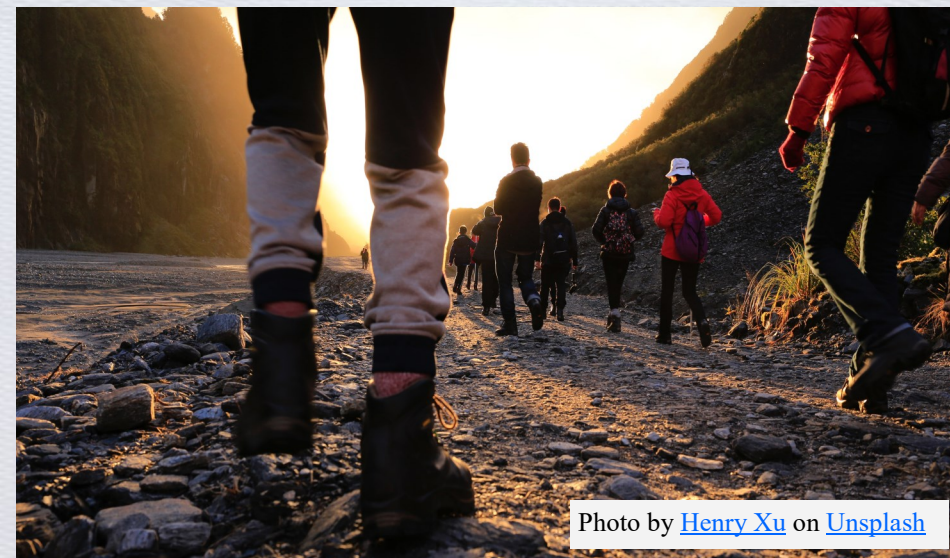


Photo by [Henry Xu](#) on [Unsplash](#)

January to March 2020 Programme










Tuesday Walks - Free Activity
January to March 2020 - 1.30pm start.

(Please arrive 10 - 15 minutes before the walk is due to start)



(See reverse for codes) DATE / VENUE Shorter walks of 30 minutes available  	COMMENTS	LEADERS							
7th January - HIMLEY Himley Hall and Park, Himley, Dudley, DY3 4DF	1-2 miles	Margaret , Kath, David	Pay & Display £1.90	16	√	√	2	2	?
21st January - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD	2 - 3 miles	Kath , George, Paul	√	15 16	√	√	2	2	?
4th February - PENSNETT The Dell Stadium, Bryce Road, Pensnett, DY5 4NE	1 - 2 miles	Margaret , Kath, Maggie	√	2 15	√	√	1	1	?
18th February - PENSNETT The Forge, Chase Road, Pensnett, Dudley, DY5 4TS	2 miles	Kath , Margaret, David	√	17 282	√	√	2	2	?
3rd March - KINGSWINFORD Ashwood Nurseries, Ashwood Lower Lane, Ashwood, Kingswinford, DY6 0AE	2 - 3 miles	Margaret , Kath, Paul	√	X	√	√	1	1	?
17th March - BRIELEY HILL The Waterfront Inn (Wetherspoons), The Waterfront, Level Street, Brierley Hill, DY5 1XE Parking: Car park back of Waterfront on Waterfront Way - approx postcode: DY5 1TE (unlimited time). Walk towards buildings, through archway, down steps, towards canal, turn left towards Wetherspoons. Parking on the Waterfront itself is strictly 3 hrs only.	2 - 3 miles	Kath , Maggie, David	√	Multi	√	√	1	1	X
31st March - WORDSLEY Red House Cone, High Street, Stourbridge, DY8 4AZ	1-2 miles	Kath , Margaret	√	16	√	√	2	1	?

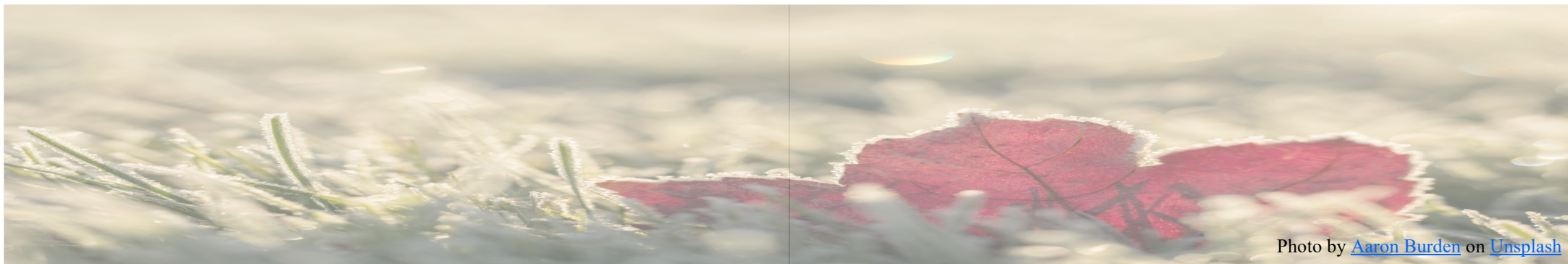


Photo by [Aaron Burden](#) on [Unsplash](#)



DATE / VENUE <small>(See reverse for codes)</small>	COMMENTS	LEADERS							
<p>Wednesday 22nd January - 10.30am start - Guided Tour of Wrens Nest Nature Reserve - BOOK YOUR PLACE</p> <p>The Wrens Nest National Nature Reserve Is best known as one of the most notable locations in Britain, if not the World for the study of geology and fossils, but it also has dramatic landscapes and views along with some of the best remains of the limestone industry to be found in the UK.</p> <p>MEET: Wardens base in Fossil View (off Wrens Hills Road). PARK: Fossil View (off Wrens Hill Road), DY1 3SS or the small reserve car park near The Caves Pub, DY1 3SB (on Wrens Hill Road).</p> <p>Lunch at the Park Inn if you choose.</p>	<p>Book Now</p> <p>Up to 3Miles</p>	<p>Rob Broadbent Sam</p>	<p>Street or small reserve carpark</p>	<p>81 82</p>	<p>X</p>	<p>X</p>	<p>4</p>	<p>4</p>	<p>?</p>



Sedgley Community Café

Open 9.30am-3.30pm

Take away Breakfast Menu

Sandwiches

Bacon £2.20 Sausage £2.20
 Bacon/egg £2.70 Sausage/egg £2.70
 Bacon/Sausage/tomatoes £2.95
 Toast 50p /slice



Tea 85p

Coffee £1.45



Call us/pre-order

01902 883847 Monday- Friday
9:30am-11:30am

Ettymore Road, Sedgley, DY3 3SG



Registered charity number 1084182 Oct 2019

WE NOW HAVE A JUSTGIVING PAGE TO HELP RAISE VITAL FUNDS

You can donate to Age UK Dudley by post, our Just Giving page or webpage.

Visit www.ageukdudley.org.uk or www.justgiving.com/ageukdudley



Registered with



COMMUNITY FIT CLUB Age UK-Dudley



**Are you 50 plus?
Do you want to lose
weight and get fit?**



If yes, attend our **FREE** 12 week programme
Starting Friday 10th January 2020
from 10am until 12.30pm

At Holy Trinity Church, High Street, Wordsley DY8 5RU

Each 2.5 hour session includes healthy eating,
weight management, exercise and advice & support



To book a place call Den on **01384 343535** or
email: Health&Wellbeing@ageukdudley.org.uk

LIMITED PLACES AVAILABLE

FREE healthy cooking course

Over 50 - join us at

Get Cooking

A series of practical workshops over six weeks,
based on essential healthy eating messages.

Learn how to produce affordable meals, whilst
covering a range of nutritional information, as well
as how to help reduce the risk of health conditions.

Help prepare and sample wholesome food.



Nutritional Information:

Nutrient	Per 100g	Per Portion	% R* Per Portion
Energy	1352kJ 498kcal	1216kJ 293kcal	11%
Fat	9.6g	0.7g	11%
of which saturates	5.9g	0.4g	21%
Carbohydrate	62.0g	4.5g	21%
of which sugars	2.4g	0.2g	<1%
Fibre	4.9g	0.3g	31%
Protein	16.2g	1.2g	21%
Salt	0.9g	0.15g	31%



Hope House
7 Zoar Street, Lower Gornal
DY3 2PA (street parking)

Weekly starting Monday
13th January 2020
11.00am - 1.00pm

To find out more and to book a place, call

Health and Wellbeing Project

on **01384 343535**

or email

Health&Wellbeing@ageukdudley.org.uk