

FREE LUNCH & WELLBEING WALK



Meet at Hay Hall Manor House,
Redfern Road, Tyseley, B11 2BE

All are welcome to come and
enjoy some food, some light
exercise, the outdoors and have a
chat

**BOOKING ESSENTIAL SO WE CAN
LET YOU KNOW IF CANCELLED
FOR ANY REASON.**

Contact Kelly Email: kelly@resourcesforautism.org.uk Call: 07794230243

Please come join us on our
wellbeing walks

- Tuesday 10th September 2024
- Tuesday 8th October 2024
- Tuesday 12th November 2024
- Tuesday 10th December 2024

Lunch @ 12:30pm
followed by
1 hour canal walk @ 1:30pm

For further information and
to book on the walk please scan the QR
Code

or
CLICK [HERE](#)



Please do sign up to the The Active Wellbeing Society card, which also allows
you to attend some free and cost-effective events in Birmingham:

<https://theaws.co.uk/join-us/wellbeing-card/>