

# 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.**

Please come join us on

- Tuesday 14th January 2025
- Tuesday 11th February 2025
- Tuesday 11th March 2025

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](#)



Contact Kelly by Email: [kelly@resourcesforautism.org.uk](mailto:kelly@resourcesforautism.org.uk) Call: 07794230243

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/>