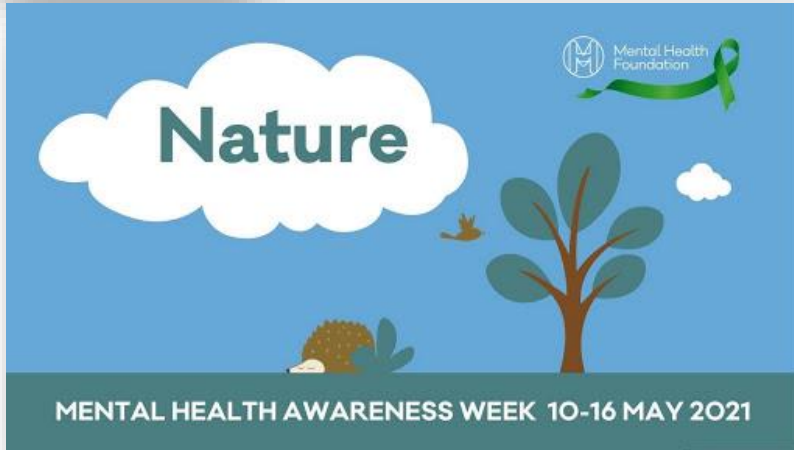


#ConnectWithNature



It's Mental Health Awareness Week!

The Mental Health Foundation are raising awareness on the powerful benefits **nature** has on our mental health.

Connecting with nature helps us to reduce stress, increase creativity, empathy and our sense of wonder. We are encouraging our George Salter family this week to **experience** nature, **share** your connection with nature with others and **talk** about the benefits nature has on our wellbeing. Here are some great nature reserves and walks in Sandwell and Dudley to support you with starting your journey to

#ConnectWithNature:

Where: Sot's Hole Nature Reserve, 1A Temple Meadows Rd, B71 4DE
Cost: Free
Interesting Features: Woodland, a stream and a small pool



Where: RSPB Sandwell Valley, Tanhouse Ave, B43 5AG
Cost: Free (£3 parking charge)
Interesting Features: Picnic area, nature trails and 2 farms



Where: Baggeridge Country Park, Gospel End St, DY3 4HB
Cost: Free (£3 parking charge)
Interesting Features: Miniature railway, challenge academy, fishing, bike trail and horse trekking.



Where: Sandwell Valley Country Park, Salters Lane, B71 4BG
Cost: Free (£2 parking charge)
Interesting Features: Cycle hire, bike trails and 2 farms



Where: Victoria Park, 35 Suffrage St, B66 3QB
Cost: Free
Interesting Features: Bowling, walking routes, tennis court, skate park, football pitch and nature trail



Where: Warren's Hall Nature Reserve, Dudley Rd, Rowley Regis, B65 8NA
Cost: Free
Interesting Features: Fishing pool, streams, canals, meadows, view of Clent Hills

