

resources for
autism



WELLBEING WALK



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

All are welcome to come and
enjoy some light refreshments,
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
22nd April**

Refreshments @1:00pm
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 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/>