

# Invitation for carers to join an amble through Saltwells Nature Reserve

Regular walks on the 2nd Thursday of every month

12.30pm meet up! (Saltwells Lane carpark DY5 1AX)

Join us for a gentle amble through accessible woodland trails, take some time out for yourself or bring along the person who you care for to enjoy the beautiful surroundings and sculpture trail. The route is not demanding, is generally flat and everyone is welcome.

You will get the chance to meet and chat with other carers and people will be on hand from local services to discuss help available in Dudley borough.

The stroll will end with a pub lunch at 1.30pm at the Saltwells Inn (full menu or carvery starting from £3.99) No need to book, just turn up.

For more information contact Alan Preece, Saltwells Nature Reserve Senior Warden on 01384 812795 or email [alan.preece@dudley.gov.uk](mailto:alan.preece@dudley.gov.uk)