

# ACTIVE DAYS

## SAFE WATERWAYS



Find your **movement**.  
Find your **place**.







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# Discover Sandwell's canals - and feel better for it!

Our **Move Together** campaign aims to inspire people to embrace movement as part of their daily lives.

The canals are great places for people of all ages to unwind, recharge and get active over the school holidays. Spending time by the waterways can greatly improve people's physical and mental wellbeing. From kids' activity trails and wildlife spotting, to walking, cycling, paddle sports, fishing and boating, there's so much you can do with family and friends.

Check out our top tips on canalside activities in this guide - and enjoy water safely this summer.

80% of Black Country people live within a mile of open water. With the right water safety education, accidental drownings are preventable. The Black Country Water Safety Resource Hub for educators, community groups and families provides FREE lesson plans, practical activities and interactive videos to educate children and adults about the risks around open water.

Find out more: [www.activeblackcountry.co.uk/water-safety-programme](http://www.activeblackcountry.co.uk/water-safety-programme)





## STEPPING STONES IN THE COMMUNITY

Stepping Stones in Sandwell is ideal for summer activities, offering fun, inclusive programmes that support all ages with learning, well-being and community connection - including community bike rides along Sandwell's waterways.



07707 212321



[Qasgaff85@hotmail.com](mailto:Qasgaff85@hotmail.com)



[sitc.uk.com](http://sitc.uk.com)

## SANDWELL STRIDE WALKS

Sandwell Stride Walks are great for summer, offering free, friendly, accessible walking groups that promote fitness, well-being and social connection in a relaxed outdoor setting for all ages.



0303 040 4040



[friends@canalrivertrust.org.uk](mailto:friends@canalrivertrust.org.uk)



[canalrivertrust.org.uk](http://canalrivertrust.org.uk)







## **BRUSHSTROKES CYCLING SESSIONS**

These sessions in Sandwell are perfect for summer, offering free, inclusive bike rides that promote fitness, confidence and community in a safe, welcoming environment.



0121 565 2234



[info@brushstrokessandwell.org.uk](mailto:info@brushstrokessandwell.org.uk)



[www.brushstrokessandwell.org.uk](http://www.brushstrokessandwell.org.uk)

## **SANDWELL VALLEY COUNTRY PARK**

Sandwell Valley Country Park is a fantastic summer destination, offering free, family-friendly outdoor fun across 1800 acres. You can explore rich wildlife at the RSPB reserve and local nature spots like Forge Mill Lake and Priory Woods, while children can enjoy a large adventure playground, high ropes course, and themed summer trails.



0121 569 3070



[visitor\\_services@sandwell.gov.uk](mailto:visitor_services@sandwell.gov.uk)



[visitsandwell.com/things-to-see-and-do](http://visitsandwell.com/things-to-see-and-do)

## ***KEY WEBSITES & LINKS***

**Stepping Stones In The Community - [sitc.uk.com](http://sitc.uk.com)**

**Healthy Sandwell - [healthysandwell.co.uk](http://healthysandwell.co.uk)**

**Brushstrokes Sandwell - [www.brushstrokessandwell.org.uk](http://www.brushstrokessandwell.org.uk)**

**Visit Sandwell - [visitsandwell.com](http://visitsandwell.com)**

**Canal & River Trust - [canalrivertrust.org.uk](http://canalrivertrust.org.uk)**

**Active Black Country - [activeblackcountry.co.uk](http://activeblackcountry.co.uk)**

**Water Safety Programme - [activeblackcountry.co.uk/water-safety-programme](http://activeblackcountry.co.uk/water-safety-programme)**

