Winter Walk

30 January, 2017

Local residents are being urged to join in a winter walk in aid of their local brain injury charity.

The 4-mile circular walk is being organised by Headway Birmingham & Solihull to increase awareness of the charity’s work and help raise funds for the specialist brain injury services it provides in the local area.

The walk will take place on Sunday 12 February and will start at 10.30am from The Fleur de Lys pub car park in Lowsonford. The route is a gentle one, passing from country lanes to fields and woodland, returning to Lowsonford along a stretch of the Birmingham to Stratford canal towpath.

Julie Wedgbury, Fundraising Manager at Headway Birmingham & Solihull, said: “One of our volunteers proposed this route and it really is a lovely walk with a great pub as an extra attraction at the end! It’s a chance to explore the beautiful countryside on our doorsteps and we hope people will brave the cold and join us. Everyone is welcome, including dogs!”

She warned the route might be muddy in parts and so wellies or walking boots are recommended.

To register in advance (and to be sure of a map!), email **fundraising@headway-bs.org.uk** or call **07483 173877**.Alternatively, meet at 10.15am at the far side of the Fleur de Lys pub car park (Lapworth Street, Lowsonford B95 5HJ) ready to start walking at 10.30am. Entry is just £2 per person or £5 per family, with all proceeds to Headway Birmingham & Solihull. Full details can also be found on the charity’s website at [**www.headway-bs.org.uk/events**](http://www.headway-bs.org.uk/events).

**Ends**

**NOTE TO EDITORS:** Poster for walk attached.

**For more information**

Contact Julie Wedgbury in the Fundraising department at Headway Birmingham & Solihull at fundraising@headway-bs.org.uk or 0121 457 7541.

**About Headway Birmingham & Solihull**

Headway Birmingham & Solihull is a registered charity helping to improve the lives of those affected by brain injury in the local area. Its aim is to promote greater understanding of all aspects of brain injury and provide information, support and services to the person with the acquired brain injury as well as their family and carers. For full information, visit [www.headway-bs.org.uk](http://www.headway-wm-org.uk) .