

Birmingham Forward Steps: Erdington and Sutton Coldfield District Children's Centres

Walking For Well-Being Group

HOLLAND HOUSE

Children Centre

Every Tuesday

Sutton Park

Meet at Wyndly Road
Gate

There is plenty of parking

9:30 - 11:00

0121 752 1860



CASTLE VALE Children Centre

Every Thursday

Central Park

Meet outside of the
Children Centre

1:00 - 2.30

0121 752 1920

LAKESIDE

Children Centre

Every Wednesday

Witton Lakes

Meet in the car park on
Faulkners Farm road

11:00 - 12:00

0121 752 1970

Come Along and Join in, explore our local outdoor environments and learn how they can...

Support your child's physical play and confidence and relationship building

Help to support your child's social interaction, communication

Increase positive mindfulness, wellbeing and attachment

Promote discussion on healthier activities and meals



To book a session or to find out more please contact your local Children Centre and ask to speak to Susan

[Erdington Sutton Children's Childrens centre](#)