

Let's go Outside!

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USING THE OUTDOORS TO GET PHYSICALLY ACTIVE



Location and Directions

Road: M6

Rail: Sutton Coldfield Station – ½ mile

BY TRAIN

Trains run half hourly between Redditch to Lichfield stopping at Birmingham New Street and Sutton Coldfield. The Town Hall is a two-minute walk along a footpath. Turn left from the station.

FROM ASTON EXPRESSWAY AND M6 NORTH JUNCTION 6

Follow signs for Sutton Coldfield A5127 onto Birmingham Road and follow this straight through Erdington and into Sutton. Pass in front of the Odeon Cinema on your Right. Continue to Roundabout and bear left onto one-way system. After 300 yards turn Left into Park Road. Continue to Roundabout and turn Right up Upper Clifton Road. One small car park on left or continue to the top of hill and turn left into Anchorage Road in front of Town Hall and use P&D car park immediately on your right. Alternatively you can park in Sutton Park, Town Gate entrance (free of charge) at the bottom of Upper Clifton Road then right at the island and walk up the hill to Town Hall.

FROM M6 SOUTH

Come off at Junction 5. Take the third exit from the roundabout – A452 Chester Road signed Castle Vale and Sutton Coldfield. Continue on Chester Rd. through four roundabouts to major crossroads with Esso garage on Right and McDonald's on Left. Turn Right onto A5127 Birmingham Rd, signed Sutton Coldfield. Continue into Sutton. Pass in front of the Odeon Cinema on your Right. Continue to Roundabout and bear left onto one-way system. After 300 yards turn Left into Park Road. Continue to Roundabout and turn Right up Upper Clifton Road. One small car park on left or continue to the top of hill and turn left into Anchorage Road in front of Town Hall and use P&D car park immediately on your right. Alternatively you can park in Sutton Park, Town Gate entrance (free of charge) at the bottom of Upper Clifton Road then right at the island and walk up the hill to Town Hall.

FROM LICHFIELD ON A5127, TAMWORTH ON A453 AND A5

Follow the A5127 into Sutton to the cross roads with the A453 Tamworth Rd. Turn Right into Mulroy Rd and immediately bear left into Anchorage Rd. (From Tamworth Rd cross over Lichfield Rd and bear left into Anchorage Rd.) Continue to end of Anchorage Rd – Town Hall straight ahead and P&D car park immediately on left.

Booking Form

Please complete 1 form for each delegate (please photocopy as required).

Contact Details

Name Job Title

Organisation

Address

..... Postcode

Telephone Fax

Email

Please indicate any dietary / disability / access requirements

Payment Details

Members of PAN-WM can access this event free of charge by providing their individual or corporate membership number. Non members will be charged for attendance.

I am an individual/corporate member of PAN-WM

PAN-WM membership No

Non Members

Statutory/private sector organisations **£30.00**

Voluntary sector organisation /Students **£15.00**

Please accept my payment by cheque (made payable to PAN-WM)

Please invoice my organisation, the purchase order number is

Please return forms to:

Erica Rogers, PAN-WM Co-ordinator, c/o Sport England West Midlands, Floor 5, No. 3 Broadway, Five Ways, Birmingham, B15 1BQ

Tel: 07825915068 Fax: 0121-633-7115 Email: erica.rogers@sportengland.org

A confirmation letter or email will be sent to you to confirm your place at this event once your form has been processed



Wednesday 11th June 2008

9.00 am - 4.00pm

at The Town Hall,
Upper Clifton Road,
Sutton Coldfield B73 6AB

S U P P O R T E D B Y



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This event focuses on making use of green spaces such as parks, sports fields and canal towpaths to increase levels of physical activity across the region. Green activities include walking, cycling and conservation activities and extends to any activity that takes place in the natural environment.

This event will be of interest to professionals and volunteers working in education, health, leisure and active recreation who have a role to play in planning and delivering physical activity in the outdoors.

Programme Highlights

- A morning programme of workshops, including using cycling to get workplaces and schools active; promoting physical activity in public parks and an introduction to effective project planning.
- An afternoon programme of practical demonstrations including a Greenfit Exercise Session and orienteering with the Sutton Rangers Service.
- Displays.
- An opportunity to sign up to a number of post event project visits with partners across the region to extend your learning experience.
- Practical information including project case studies for delegates to take away to support future planning and delivery of green activity provision.

Delegates should wear suitable clothing and footwear to be able to actively participate and / or observe the afternoon outdoor practical demonstrations.

Delegates are encouraged to display their own projects on the day. If you would like the event organisers to reserve a space for you please advise erica.rogers@sportengland.org