



WHEEL'N'WALK

BIRMINGHAM'S WALK FOR INCLUSION
10 CHARITIES WALKING TOGETHER



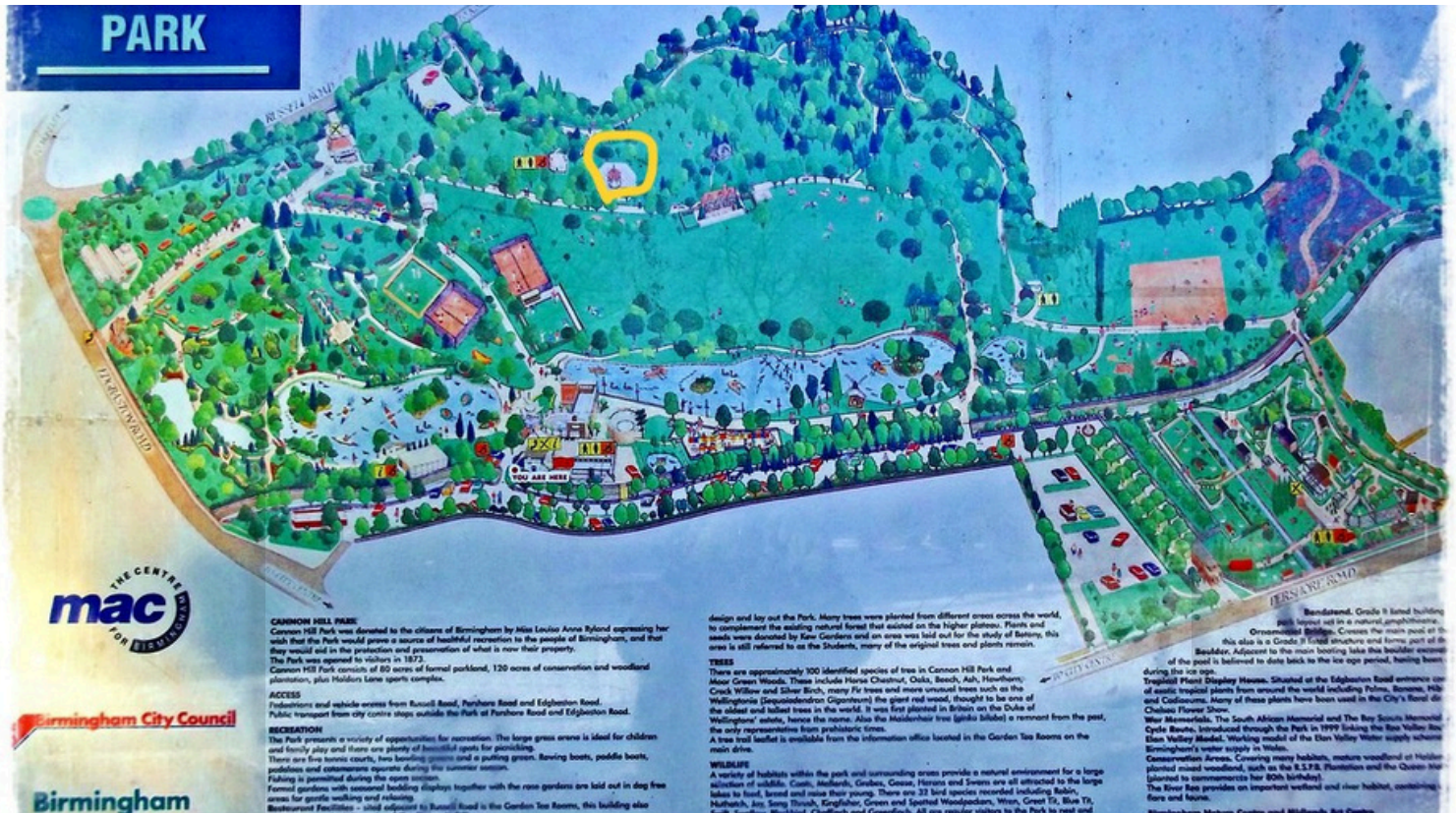
Sunday 8th June 2025

**Starting at 11AM The Bandstand
Cannon Hill Park, Birmingham**



WELCOME

WHEEL'N'WALK 2025



Organised by our Wheel'n'Walk Charities
Cannon Hill Park | Meeting Point: Bandstand
Start Time: 11:00 am | Event Closes: 3:00 pm

Join us for Birmingham's most inclusive sponsored walk and celebration of disability inclusion! This fantastic annual event brings together individuals, families, ten charities and supporters of all abilities to take part in a fun, accessible walk around the beautiful Cannon Hill Park.

Whether you wheel, walk, push, cycle, be pushed or stroll – everyone is welcome!

Everybody's abilities and achievements are celebrated with certificates, medals and treats when you have completed as many laps as you can.

What's It All About?



The Wheel'n'Walk is an inclusive event hosted by ten Wheel'n'Walk Charities and supported by Irwin Mitchell, FreeWheelin Inclusive Dance and Northfield Neighbourhood Network Scheme (NNS). It's a chance to:

- ✓ Celebrate inclusion
- ✓ Fundraise for ten incredible local charities
- ✓ Enjoy art activities (Thanks to Art Therapies UK), face painting (Thanks to Irwin Mitchell), games (Thanks to Ways for Wellbeing CIC), mascots and refreshments.
- ✓ Information Stalls with Forward Carers & Birmingham Carers Hub, Northfield Neighbourhood Network Scheme, Fitniss CIC (Last year's sponsor), Ways for Wellbeing CIC and Art Therapies UK will host two art workshops.
- ✓ Come together with the community

This year, we have ten local charities and causes taking part, raising vital funds to continue their work with children and adults with disabilities and complex needs.



EVENT INFORMATION & SAFETY

- ✓ Don't walk alone.
- ✓ Do as many laps as you can in whatever way you can, whether that's being pushed, pushing someone, walking, cycling. We will celebrate everyone's abilities and achievements, big and small, and when you have finished, please head to the Irwin Mitchell tent for your certificate and medal.
- ✓ Watch out for the Land Train that moves around the park pathways. Please move out of the way to allow this to pass by you safely.
- ✓ Please keep the park tidy, there are plenty of bins around the park route.
- ✓ Any questions about the event, please speak to one of our volunteers wearing a 'Wheel'n'Walk' T-Shirt.
- ✓ Refreshment drinks will be at the Irwin Mitchell tent opposite the Band Stand. For other refreshments, please head to the Bridge Cafe at the Mac or the Garden Tea Room. There is also an Ice Cream van by the Mac area of the park.
- ✓ Toilets: We have a Changing Place Toilet by The Bandstand, there are more Changing Place accessible toilets at the MAC on the other side of the park, along with other toilet facilities.
- ✓ Videos and photographs will be taken at the event on the day. If you would like these not to be published, please speak to the charity organiser you are supporting. You can hold your arms in an X shape if you see a photographer, and they will know that means you would not like to be photographed.
- ✓ Should you have an accident, St John's Ambulance volunteers will be placed by the Bandstand area of the park.

CEREBRAL PALSY MIDLANDS

Cerebral Palsy Midlands (CPM) is a registered charity and an adult day service provider in Harborne, Birmingham. We support adults with cerebral palsy and other disabilities to live fulfilled and independent lives.

At CPM, we offer MORE THAN just day services. We provide a range of opportunities for people to develop their skills, stay active and healthy, be creative, and meet new friends. We also offer advocacy and support through our URconnectABLE service.

A big part of our service offering is our 'Access for All' project. We support and enable citizens to access the community, for example, Birmingham City Centre, libraries, museums, cinema, shopping, bowling, swimming, horse riding and parks. We support citizens to have day trips out and accessible holidays. The project is user led and supported by our staff team and volunteers.

info@cpmids.org.uk | **0121 427 3182**

www.cpmids.org.uk

[Facebook](#) | [Instagram @CerebralPalsyMidlands](#)



SCAN ME





BIRMINGHAM PHAB CAMPS

Birmingham PHAB Camps run amazing adventure weeks away for children and young adults from Birmingham to help combat the boredom of the School holidays!

What makes our adventure weeks away so fun and special is that we make them inclusive of everyone. Birmingham is a large multicultural city, home to young people from all walks of life, faiths, ethnicities and abilities. Our mission is to integrate Birmingham's young people and create better understanding and friendships between them. What better way of doing that than going away on holiday together?

Who are the Holidays for?

Simple answer: All children living in Birmingham aged eight to sixteen of any ability from any home life, from the least privileged to the most privileged - because integration means everyone!

As well as this, we also run two action adventure holidays for young adults with varying additional needs.

<https://www.bhamphabcamps.org.uk/>





TOGETHER MINDS CIC NOAH'S STAR

Together Minds CIC (2016), is a multi-award-winning non-profit Community Interest Company based in the West Midlands. We used the lived experience of the founder and directors to achieve our mission of supporting the mental health of disabled individuals and their families. . Our mental wellbeing programmes for disabled people and their families promote positive mental health and create opportunities for peer support.

Noah's Star is a registered charity that provides a variety of support to families of premature and sick babies across the West Midlands. This support includes sibling childcare, counselling for parents and siblings, peer mentoring and community support.

Our objectives are to:

- Provide emotional support to the whole family when their baby is born premature or sick
- Reduce feelings of isolation by connecting parents with others who have similar experiences.
- Promote mental health and well-being for families during and after their NICU stay.

www.noahsstar.co.uk

jo.shellum@noahsstar.co.uk



HEADWAY BIRMINGHAM & SOLIHULL

Headway Birmingham & Solihull is a local charity offering services and support to brain injury survivors and their families/carers.

We offer a range of range of social rehabilitation sessions from our three Birmingham-based brain injury hubs (in Moseley, Rednal and Wylde Green) plus one-to-one support at home and out in the community for those with brain injury. We also provide advice and support for those caring for a brain injured loved one through our enquiry line and group activities.

We strive to raise greater awareness of brain injury and its impact, and our participation in Wheel'n'Walk helps us achieve this objective and raise much-needed funds towards our specialist services at the same time.

www.headway-bs.org.uk

www.facebook.com/headwaybirminghamandsolihull

[@HeadwayBS](https://twitter.com/HeadwayBS)





SEND SOCIALS CIC BIRMINGHAM

Every Child Deserves to Play

SEND Socials Birmingham provides social opportunities for children and young people with special educational needs and disabilities and their family. A passion to give families opportunities to do ordinary activities in their extraordinary circumstances is at the forefront of our organisation. We strongly believe that every child deserves to play in a safe / tailored environment with their family, outside the confines of their home. Our whole family approach enables families to have fun and make memories together.

www.sendsocialsbirmingham.co.uk/



NICE CHARITY

CONDUCTIVE EDUCATION



About NICE

NICE is the service base for our charity, The Foundation for Conductive Education, based in Moseley, Birmingham, predominantly supporting beneficiaries from the local area and surrounding West Midlands living with movement based disorders such as Cerebral Palsy, MS and Parkinson's. NICE works with over 300 families annually ranging in ages from 1 year – 80+ years; for our children we run a full range of full and part time services including our free Milestone Club for 0-3 year olds and their parent/carer, our free Preparation for school Group for children aged 3-5 years and our Red Boots School which is a registered independent special school rated “Outstanding” by Ofsted since 2013. We also provide sessional services for children and young people aged 5-18 years.

CE is based on a ‘simple’ concept of human potential, meaning that everyone has the capability to learn and develop irrespective of their starting point. Many rehabilitation approaches focus entirely on what an individual cannot do however here at NICE we centre on what a person can do; we believe that individuals affected by incurable conditions should not be limited by their disability but instead the focus should be on building their abilities.

To find out more about what we do, visit our website www.conductive-education.org.uk



CASBA ADVOCACY BIRMINGHAM



CASBA has been going since 1988. We are trusted to help people with learning disabilities live more independently. If you have a learning disability, we listen to you and we make sure that your voice is heard by others.

Staff support - CASBA Advocacy

We organise support groups and training sessions where you can learn from experts with experience.

CASBA teaching businesses

We offer partners in businesses, educational and healthcare settings the opportunity to learn from our experts by experience.

CASBA volunteers understand

We offer great experiences for volunteers to gain skills and a greater understanding of disability issues. www.casba.org.uk/



QUEEN ALEXANDER CHARITY

QAC is a registered charity supporting young adults with learning difficulties and disabilities through education (Queen Alexandra College), supported living known as Residential Services and Community Services.

Our mission is to empower young adults with learning difficulties and disabilities to achieve their ambitions and to lead fulfilling lives.

To find out more about the charity please visit

www.qac.ac.uk



About Sense:

Sense is here to support disabled people from the first weeks of life through all the major milestones of adulthood. In 2025, we're marking 70 years of providing life-changing support.

Over the last seven decades we've built extensive knowledge and expertise in supporting people with complex disabilities including deafblindness.

We're here, in people's homes, centres and communities, focusing on the things a person can do, not what they can't. We celebrate the moments of connection that bring more joy to life. Together, we always find a way, no matter how complex someone's disability.

With Sense children can develop new ways to communicate and play, young people and adults can develop skills and confidence for work and life and families can feel seen, supported and valued.

Together, we can achieve long-term change. Through our campaign work, we step up in the face of adversity and unite with the 1.6 million people with complex disabilities in the UK.

About Sense Active:

Sense Active is the sport and physical activity arm of Sense, and our aim is that every person with a complex disability can lead a more active life. By being active and leading a healthy lifestyle, the people we support will experience the world more meaningfully and fulfil their potential. By providing person-centered, co-produced, regular, and meaningful sport and physical activity opportunities, children, young people, and their families will have the best possible start, adults will live and learn at every stage of their life, and all will feel more socially connected.



PARKRIDE WEST MIDLANDS



Parkride is an inclusive and accessible cycling service which offers fun and flexible cycling for all to enjoy, regardless of age, disability or cycling ability. Our main aim is to encourage people to get active through cycling and achieve their personal aspirations. We provide safe & secure group sessions, 1-1 sessions and pop up events across the West Midlands. Enjoy sessions in your local parks, on various cycling routes, and we can even bring the bikes to you. We have a wide range of both adapted and mainstream cycles for both children and adults. There really is something for everyone! We can offer an initial taster session where we will assess the level of support that each person/ family might need, as well as matching you to the most suitable cycle to suit your needs.

For more information or to book please call us on 0121 442 2944

Email parkride@midlandmencap.org.uk

<https://www.facebook.com/parkrideUK/>

<https://midlandmencap.org.uk/local-services/birmingham/things-to-do/parkride/>





IRWIN MITCHELL

IM, irwinmitchell

Irwin Mitchell are proud to support this inclusive event, Wheel'n'Walk 2025. Our colleagues will be on hand on the day with legal support and to provide guidance on how to protect your future. We're a full-service law firm with offices located around the UK. From supporting you if you or your child suffers with a birth injury, to guiding you through family issues, we can offer guidance and advice every step of the way to help you protect what matters most.

If you would like to speak to us, please contact Sara.burns@irwinmitchell.com or Rosalie.reading@irwinmitchell.com.

To find out more about our services, scan here:



FACE PAINTING AVAILABLE



FREEWHEELIN INCLUSIVE DANCE

Freewheelin are an inclusive dance group who offer weekly classes based in Birmingham. Classes include styles from ballet and street to samba and the waltz!

freewheelin@yahoo.com

www.freewheelindance.com/



DHOL CREW

The Future of Indian Drumming. Established in 2008. Available for any event info@dholcrew.com

www.dholcrew.com



ST JOHNS AMBULANCE

England's first aid charity.

Our vision is a world where everyone is first aid confident, ready and able to respond when needed - saving more lives. www.sja.org.uk



ABILITY LIFE OPPORTUNITIES

Disability Support Line

Run by Disabled People, for Disabled People

We are proud to be a support line led entirely by disabled volunteers who understand the challenges and experiences of our community. We're here to listen, support, and connect.

Whether you need to talk, ask for help, or just want to feel connected—you're not alone. Call us: 0121 630 2015. Open every day from 9am to 9pm.





Mobile Changing Places

RevoLOO at Wheel'n'Walk

Sunday 8th June 2025

~ Ceiling hoist ~ Adult sized changing bench ~ Toilet ~ Wash basin ~ Tail lift ~ Friendly attendant ~

REVOLOOTION



RevoLOotion – a vehicle for change

By enabling disabled children and adults to use the toilet or be changed with dignity and respect, the RevoLOotion service helps to break down barriers that often exclude them from participating in activities and events. It is important to recognise that lack of appropriate facilities can be a major obstacle for disabled individuals and a service as run by the charity "Vehicles for Change" can make a real difference in their lives.

NORTHFIELD NNS - EVENT SPONSORS

We exist to ensure that over 50s and adults with additional needs can access community-based support near to where they live, that improves their well-being, quality of life, and maintains their independence in their own home. We do this by supporting and encouraging community-based groups and early intervention services to thrive. We work with over 200 local assets to help them deliver a wide range of community services and activities across Northfield constituency.



EVENT STALLS & ACTIVITIES



FITNISS

Established in 2012, we at Fitniss - Wellbeing in Care offer a range of activities to increase the physical, emotional, mental and social wellbeing of our service users and residents. We're proud to have delivered over 28,000 sessions across the Midlands, Surrey and the North West with a mission to put smiles on faces. Some of our services include boxercise, yoga, African drumming experiences, alpaca visits, magic shows, nails and facials, massage therapy and much more.

In addition to Wellbeing in Care, we also have Wellbeing in the Workplace and Wellbeing in education, to find out how we can help to increase the wellbeing of you and your colleagues or pupils and student, please visit our website www.fitniss.co.uk, drop us and email at

info@fitniss.co.uk or give us a call on 0121 411 9934.

Join us on our mission to "put smiles on faces"

FORWARD CARERS



Forward Carers is an award-winning, not-for-profit, social enterprise that creates Carer Friendly Communities. In addition to supporting Carers, we work with organisations and employers to become Carer Friendly so Carers can thrive in all areas of life and work.

BIRMINGHAM CARERS HUB



Birmingham Carers Hub is a partnership of not-for-profit organisations who have come together under the management of Forward Carers, and we are funded and commissioned by Birmingham City Council, BSOL Integrated Care Board, and Birmingham Children's Trust.

We work with our partners and Birmingham City Council to provide a range of free support and services tailored to the needs of unpaid family Carers in Birmingham. Our core offer includes Carer's Assessments, Advice and Information, Carers Emergency Response Service (CERS) and Carers Training.

ARTS THERAPIES



Arts Therapies UK is a mental health charity offering life changing support to those most in need across the UK. We were established in 1993 as Birmingham Centre for Arts Therapies. Demand for our services now take us beyond the city and provide arts therapy and creative arts in health activities across the country. We use art, drama, music, dance movement and play in our work.

We have two areas of expertise:

1. Arts therapies: We have a bank of HCPC registered therapists who use creative arts as a method to help individuals communicate and express themselves in a safe therapeutic environment. We work with individuals and groups, and with adults and children.
2. Arts In Health (AiH): We provide a variety of venues across the UK with creative workshops that help to engage and empower communities, often with the goal of promoting social change, or addressing social issues

BLUE BADGERS: EMPOWERING THE DISABLED COMMUNITY & THEIR CARERS THROUGH EXCLUSIVE BENEFITS

Blue Badgers is a membership subscription service dedicated to providing individuals with disabilities and their carers access to exclusive offers and benefits from leading brands, venues, and high-street retailers.



Blue Badgers is about more than just savings. Blue Badgers serves as a platform connecting individuals with disabilities, their carers and businesses committed to making a positive impact.

<https://bluebadgers.co.uk/>

WAYS FOR WELLBEING

Ways for Wellbeing UK is a PCI accredited Health and Wellbeing Coaching organisation offering coaching support for those struggling with their physical and mental health.

Providing Goal setting and solution-focused personalised coaching in a range of community settings, we help individuals to find ways to make change and move forward in their journey to support their physical and mental wellbeing positively for lasting change. Demand for our services is across Birmingham and Solihull and we provide a range of group coaching activities or 1 to 1 coaching for individuals as identified through tailored individual assessments. We use activities as the catalyst to get people motivated to make changes.

We work in two ways:

1. 1 to 1s with individuals: Qualified PCI-accredited coaches providing health and wellbeing coaching for individuals in settings where they feel most comfortable to help individuals communicate and express themselves in a safe therapeutic environment. We work with individuals and groups, and with adults and children.
2. Group community sessions: We provide a variety of group coaching sessions, focussing on the 6 pillars of healthy lifestyle living in venues across the West Midlands and we use workshops to engage and empower communities, often through the provision of peer to peer support and motivational workshops to address changes in lifestyles.



Returning in July 2025

Birmingham Disability Festival

See how you can get involved

Aston University

📅 Saturday 5 July 2025
🕒 12pm til 6pm
📍 Birmingham, B4 7ET

[Register your interest via the link here](#)

Ways for Wellbeing
BMet

The graphic is a purple-themed promotional poster for the Birmingham Disability Festival. It features several inset photos: a group of people in red shirts, a man with a white alpaca, and a group of people in wheelchairs. The text is white and light blue on the purple background. At the bottom right, there are logos for 'Ways for Wellbeing' and 'BMet'.

www.waysforwellbeing.com/birmingham-disability-festival-2025/

Contact us on:
info@waysforwellbeing.com to see how we can work with you.