

# Sensory Walks

Solihull Active are on the lookout for individuals, groups and communities who would like to be involved in creating a Sensory walk for their local area.



Sensory walks help individuals to engage with nature, so that they can use their senses to connect with their surroundings, have meaningful experiences and be active.

The walks are designed for people with complex disabilities, but can be enjoyed by anyone.

---

If you would like to be involved or have any questions please contact [les.nash@solihull.gov.uk](mailto:les.nash@solihull.gov.uk) or call 07796 498006, please find further information about Sensory Walks [here](#)

