

Two Special meetings

Firstly:

Want to forget your tinnitus for a couple of hours? Then read on

According to our members, two of the most popular ways of banishing tinnitus into the background are to become absorbed in something of interest and to be out in the fresh air. As an experiment, we are trying to amalgamate these two aims into one by organizing a ranger-led Bluebell Walk around the Saltwells Nature Reserve in Dudley.

This will take place on **Sunday 30th April from 10am to 12 noon**. Although there are reasonable paths round the reserve, it is advisable to have good footwear. The full address is **Saltwells Local Nature Reserve, off Coppice Lane, Quarry Bank, Dudley DY5 1AX**. There is parking for the Reserve up Saltwells Lane, but do not park in the pub car park.

This is the time of year when the bluebells are at their peak and you will see from the information below that there are other flora and fauna to be spotted.

It would be helpful to the rangers if you could let us know whether you may be interested in coming along. There is no charge for the event, although you could give a small donation to the reserve if you wish.

Some people are then going to round off the occasion with lunch at the **Old Swan, Halesowen Road, Netherton, Dudley, DY2 0PY**. Apparently, they do an excellent roast, but there are other items on the menu at this old and highly rated pub. Booking would have to be made for this and the pub requires a deposit, as they are usually fully booked on Sunday lunchtime. A meal costs about £10. A cheque (made payable to B&DTG) or cash of £5 will secure you a seat! If you are interested will you please get in touch with either John Bate or Eileen Hewitson via the details below:

John

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Eileen

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Saltwells Local Nature Reserve is one of the UK's largest urban nature reserves, covering 247 acres.

Lady Dudley planted Saltwells Wood in the eighteenth century to hide the scars of coal mining. The descendants of the oak and beech still survive and are home to many species of woodland bird, such as treecreeper, jay and great spotted woodpecker. Wild garlic and anemones are found in the wood together with carpets of bluebells.

Within the wood is Doulton's Claypit with spectacular cliffs showing a section through the rocks of the Middle and Lower Coal Measures. Abandoned in the 1940's, the claypit has been reclaimed by nature and now has unusual plants including hundreds of common spotted and southern marsh orchids.

South of the wood, around the chainmakers' hamlet of Mushroom Green, is an area of scrubland and meadow, plus a large reedswamp which provides a safe refuge for winter birds like water rail, snipe and teal.

North of the woodland is the gorse covered Netherton Hill, opencast for coal until the 1960s, but now home to linnets and reed buntings. Further north still is an area of restored coal mining known as Cinder Bank. Sixteen species of dragonfly are found here on the Daphne Pool, making this one of the best sites for these insects in the West Midlands.

Recently presented with a Centre of Excellence award by the Forestry Authority for woodland management, Saltwells has long been a model urban reserve for Europe under UNESCO's Man and the Biosphere project.

How to get there

Saltwells Nature Reserve is located two miles south of Dudley. To travel to the nature reserve proceed on the A4036, then turn left (if coming from the Dudley direction) at the Merry Hill traffic lights (signposted) and continue for half a mile along Coppice Lane. Turn left at sign for Saltwells Inn.

Secondly:

Special Meeting Tuesday May 2nd at 7.30 pm

Woodside Community Centre
Highgate Road
Dudley
DY2 0SN

Mike Behan will be at the Evening Support Session at the Woodside Centre, Dudley on Tuesday 2nd May. He will talk about his tinnitus journey and how he has learned to cope.

Many people will be aware of the contribution that Mike has made to the group, and we have benefitted from his experience. Mike is an enthusiastic speaker and we look forward to a lively discussion. Do not miss this opportunity to hear an alternative point of view.

