



GLOW

Birmingham 2026



EVENT GUIDE

GLOW

for mental health

Welcome to the team!

Thank you for your interest in GLOW, Mental Health UK's annual night walk. Whether you'll be walking in memory of someone, supporting a loved one, prioritising your own wellbeing, or simply standing with the millions affected by mental health challenges, we're so grateful you're joining us.

At Mental Health UK, we believe that everyone deserves the support they need to achieve good mental health. We work to improve understanding, provide practical support, and advocate for lasting change.

Living with a mental health condition can affect many aspects of daily life, from your physical health to your home, your work and ability to manage money. Every year we provide thousands of people across the UK with practical advice and information to help understand and manage their mental health.

Your generous donations help Mental Health UK reach more people affected by poor mental health with advice, support and information. Please feel free to reach out with any questions to GLOW@mentalhealth-uk.org.

We can't wait to walk alongside you.
The GLOW Team



LET'S GET GLOWING!

Everything you need to know!

Please make your way to the GLOW Village **at least 30-60 minutes** before your wave is due to depart.

GLOW Village:

Birmingham Settlement Nature & Wellbeing Centre,
Edgbaston Reservoir 79 Selwyn Road, Birmingham, B16 0SL.

When you arrive, please head to registration stand to be signed in. Have your QR code ready too!

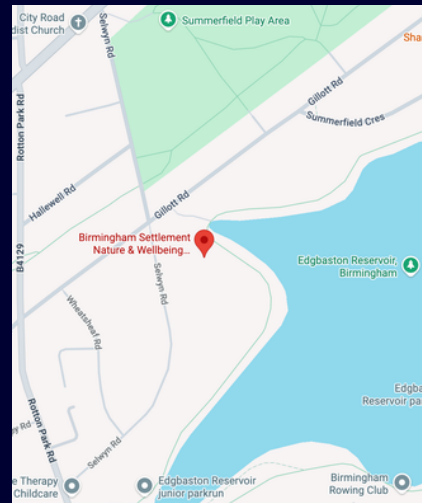
Once you've signed in, make sure to visit our merchandise stand - we'll have lots of glow up accessories. From light up flower garlands to glow sticks!

There will be fun activities to get involved with too, or speak with our team.

The warm up and safety briefing is around 15 minutes before your wave is due to depart.

How To Get Here

- **From New Street Station:**
 - **By bus**, take the **number 80** bus from stop NS4. Exit the bus at Selwyn Road and then walk 7 minutes to the start location. You can also take the **number 87** Platinum bus from stop NS1. Exit the bus at Summerfield Park and then walk 15 minutes to the start location. **By Uber/Taxi**, the estimated cost is £8-12 for a 15-minute drive.
- **Driving**
 - There are many **residential streets** where you can park for free. Note that the car park at the Wellbeing Centre will be for staff use only, as it is very small.



What to Bring:

☐ Comfortable Walking Shoes

Avoid trying brand new footwear on event day. Wear shoes you have already walked long distances in.

☐ Water Bottle & Snacks

There will be opportunities along the route to grab refreshments and fill up water bottles, but having your own on hand would be very helpful.

☐ (Weather-Appropriate) Clothing

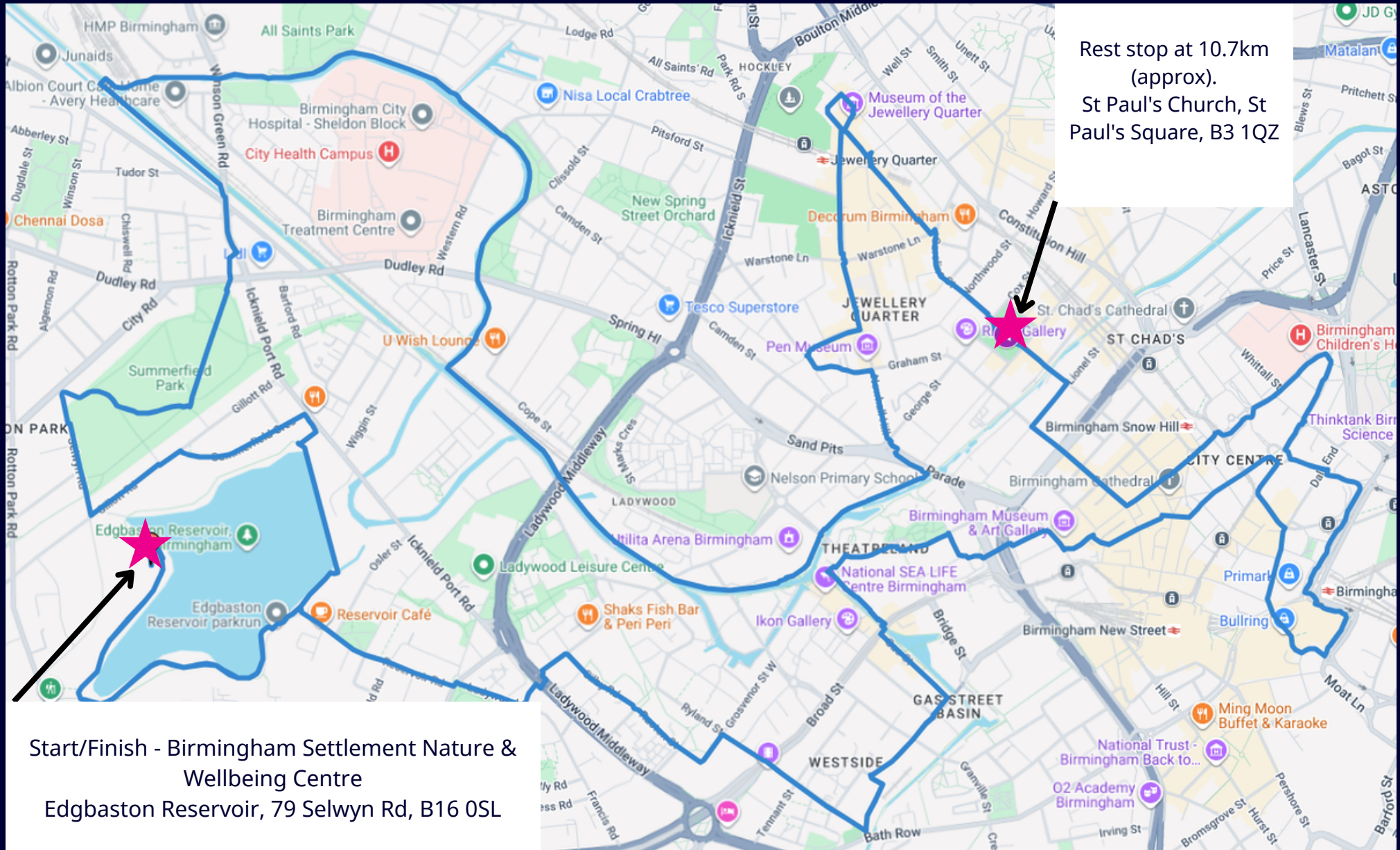
Check the weather forecast beforehand. Wear your GLOW T-shirt, plus lights and colorful accessories to brighten up the night!

☐ Bib and safety pins

Please ensure you bring and wear your GLOW bib with your emergency contact information written on it.

When you arrive,
head to the registration table to check in.

Your GLOW Birmingham Route



[View on Google Maps](#)

ALL YOU NEED TO GLOW RESOURCES

Fundraising Guide



Sponsorship Form

GLOW Bunting



Social Media Post Assets



Selfie Props



Social Media Story Assets

GLOW FAQs

Is GLOW suitable for children?

Yes! GLOW is a family affair, and we would love to see you bring your younger family members along with you. Please note that all children under the age of 16 must be accompanied by an adult.

Can I join as a solo walker?

Absolutely! You can join as a solo or as a group. We will make sure you have a brilliant time.

Can I bring my dog?

Yes dogs are allowed, they must be kept on leads! Please ensure you bring water bowls.

Are there refreshment stops?

Yes there is one stop on route, plus plenty of public toilets on route.

Visit our website for [more FAQs](#) or email us at glow@mentalhealth-uk.org

HERE'S HOW YOUR SUPPORT MAKES A DIFFERENCE

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£10

could allow 25 people to access the Mental Health & Money Advice to improve their financial situation and mental health.



£25

help support someone in our Into Work programme



£50

could help 5 young people to complete an 8-week programme to manage their mental health.



£75

could provide a listening ear and friendly chat for people in the community who needs support with their mental health.



THE AFTER-GLOW



Once you cross the finish line, collect your medal and take a moment to reflect on what you've achieved. Enjoy the music, and grab a cup of tea. Don't forget to capture a photo to remember the day, and check the transport information before you leave.

Share Your Achievement

We'd love to see your photos and hear about your experience.

 Share your GLOW moments on social media and tag @mhealthUK using #GlowWalk

Don't forget to check out our other fundraising opportunities and **keep a lookout for information about GLOW 2027!**