

5

2

BEAMING
BRANDWOODApprox.
640M
850 STEPS

Do the **Rest & Reflect** Trail in **BRANDWOOD END CEMETERY**

Enjoy moments of pause and reflection between the benches



Cemeteries have always been a great place to take leisurely exercise and for calm and reflection and it's ok to feel happy in a place associated with death and sadness.

Have a go at this small curated Rest & Reflect (R&R) Trail:

- Benches at regular intervals to take a breather
- Follow a prompt for light hearted-reflection
- Enjoy on your own or with others.

This trail has been co-designed with members of the community with mobility challenges to test for accessibility.

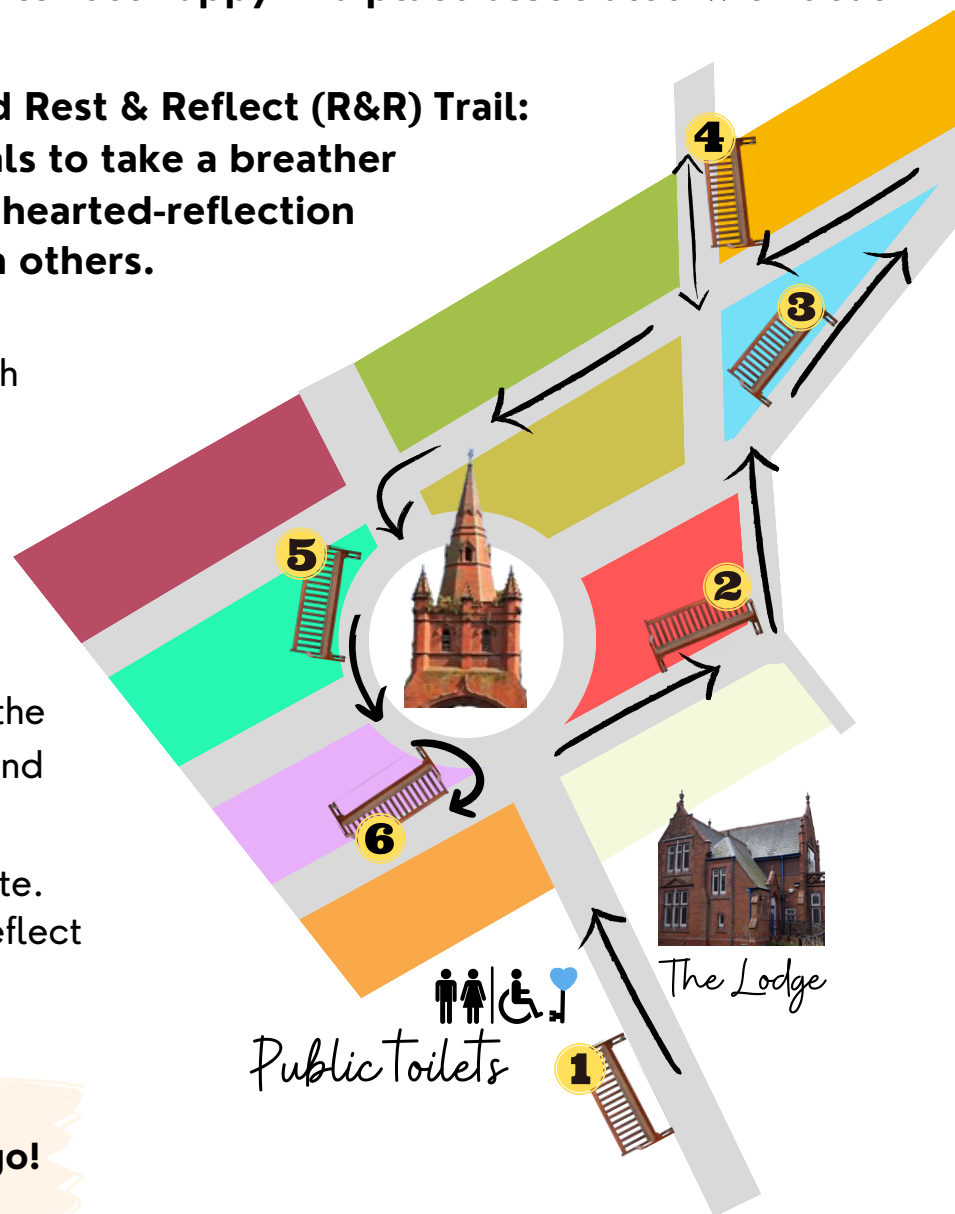
Begin the trail at the bench closest to The Lodge.

Follow the trail in the direction of the map - you'll end up doing a loop and arriving back at the start bench.

There are 6 benches along the route. At each bench there is a Rest & Reflect (R&R) prompt and information.

Enjoying yourself? Please share to encourage others to have a go!

   /OurSceneCIC



Disclaimer: trail completed at own risk



①

Terrain



Most of route



Bench 2-3

The route is flat and tarmacked throughout, although some surfaces are slightly uneven. The section between bench 2 and 3 contains a hard but muddy top surface. Most benches are set into grass slightly off the path. Please be aware of uneven surfaces around them.

Toilets



Requires radar key

Getting there



No. 18

Woodthorpe Road, Kings Heath B14 6EQ

200m to
start of trail



Parking permitted in the cemeteries,
including by the start/end of the trail.

Bench

1



It might feel a bit strange to go for a walk in a cemetery, but people have been respectfully enjoying Brandwood End Cemetery as a place to meet up with friends and family to enjoy a leisurely walk in nature for almost 125 years. When this Victorian cemetery was built (1899) there weren't the parks and entertainment venues like today, and people would dress up in their best clothes, get the tram from across town and spend a Sunday afternoon here. As well as a great place to take a stroll, you can enjoy the heritage, nature and calm of this green space.

R&R

Think about or share with someone ...
places you enjoyed visiting frequently as a child.

Move to Bench 2 (184m) (201 yds)
Walk past The Lodge and take the first path on your right. You'll find the next bench at the end of this path.

Bench

2



Birmingham Hall of Memory

On your way to this bench you would have passed the section where art teacher, painter & stained glass window designer Sidney Harold Meteyard, is buried. One of his accomplishments was to illustrate a Roll of Honour (Book of Remembrance) in which the names of the people of Birmingham who lost their lives as a result of the First and Second World Wars are listed. This can be found in the Hall of Memory in the city centre.

Look out for the Friends of Brandwood End Cemetery's heritage walks to find out who else is buried in the cemetery. You can get involved with memorial recording too!

R&R

Think about or share with someone...
your favourite painting or book?

2

Bench 3



Move to Bench 3 (50m) (56 yds)

Veer to the left and your next bench is on the opposite side of the path to your right.

Everyone laid to rest here has their own unique story. Without research, the birth and death dates recorded on headstones don't give much away about the person's life. Some people choose to be remembered in the way they want by writing their own epitaph, including for people to remember them with a smile on our faces. Comedian Spike Milligan famously had written "I told you I was ill" written in Gaelic on his gravestone.

Smile. A Poem by Spike Milligan

Smiling is infectious, you catch it like the flu,
When someone smiled at me today, I started smiling too.

I passed around the corner and someone saw my grin.
When he smiled I realized I'd passed it on to him.

I thought about that smile, then I realized its worth.
A single smile, just like mine could travel round the earth.

So, if you feel a smile begin, don't leave it undetected.
Let's start an epidemic quick, and get the world infected!

R&R *Think about or share with someone...*
what you do to make people smile.

Move to Bench 4 (230m) (251 yds)

Continue on the wide tarmac drive (away from Chapels). Take a sharp left at the first path (section B4 C/E). When you arrive at the next junction turn right and our bench for rest and reflection is about 20m (22 yds) up that path.

Bench 4



Take a couple of minutes to look at the trees. Did you know that numerous studies show that simply sitting looking at trees reduces blood pressure as well as stress-related hormones!

The cemetery was landscaped into sections with tree-lined avenues and many of the evergreen trees date back to the very beginnings of the cemetery over 120 years ago. You'll find Scots Pine, Cypress and Wellingtonia (Redwood) varieties in the older parts of the cemetery. Deciduous trees include the Horse Chestnut, Beech, Hornbeam, Poplar and Oak.



R&R

Think about or share with someone...

about a time spent in nature where you have felt happy.

Move to Bench 5 (153m) (167 yards)

Go back to the previous junction, turn right and head towards the Main Drive. See the Chapels? Head to them and walk to the right of the Chapels until you reach the next bench (on your right).



Memorial benches along the trail often face towards the graves of loved ones. Did you know that headstones in this cemetery also point in different directions depending on the person's faith?

- Headstones in Christian sections point east where the second coming of Christ is anticipated.
Headstones in the Muslim burial area face north-east towards Mecca.
- Jewish people are buried with their feet pointing towards the cemetery gates to begin their journey to Israel.

R&R

Think about or share with someone...

where you would most like to travel to in the world.

Move to Bench 6 (115m) (126 yds)

Continue counter clockwise around the Chapels and take the second path on the right off the Main Drive. The bench is a few metres down on the right.



The message on the gold plaque on this bench will speak to many of us, "Of all the special gifts in life, however great or small. To have you as our nan, was the greatest gift of all."

Move to Bench 1 (81m)

To finish the loop, head back to bench 1.

We hope you enjoyed your time here today.

R&R

Think about or share with someone...

a memory of a good time shared with a grandparent or someone special.