

### Physical Activity Groups

Name of Club / Group	Description	Where	When	Contact details	Other Information
<b>Westland Walkers</b>	Encourage participants to increase activity and engage in social interaction to improve mental wellbeing	WANDS CC, Farmers way, Droitwich	Wednesday 9.15am	Liz Jauncey 01905-827391	Open to everyone
<b>Walk and Talk</b>	Encourage participants to increase activity and engage in social interaction to improve mental wellbeing	Oasis Hub, Edgeworth close, Worcester	Tuesday 9am	Fay Osborne 01905 453530 communityhub@oasiswarndon.org	Open to everyone This walk only runs during term time
<b>Shape Up</b>	To encourage people that are inactive to take part in low level activities and get information in relation to a healthy lifestyles and to encourage interaction with other people in the group	Wyre Forest Leisure centre, Silverwood's, Stourport road, Kidderminster	Monday Thursday 9-11am 1-3pm	Dale Evans 01562 732974 / 07773182912	For adults who are looking to increase their activity and learn about healthy eating
<b>Track Walk</b>	Gentle walk around a track	Abby Stadium, Birmingham road, Redditch	Wednesday 10.30am - 12pm	Anita Ridgewell and June Whitehead (walk leaders) or contact Abby stadium on 01527-60206	Open to everyone
<b>Surgery strollers</b>	Walking group for patients of Northumberland House surgery and Alymer lodge surgery	Hume street Kidderminster	Wednesday 11.15am - 12pm	Lisa Benton, contact via surgeries for info Northumberland House 01562-757377 Alymer Lodge 01562-822015	Open to all patients from this surgery
<b>Buggy and toddler walk</b>	Encouraging parents with young children to take part in a gentle flat walk to support isolation and social interaction	Abby Stadium, Birmingham road Redditch	Thursday 11.30am - 12pm	Karen Martin from Inspire in Redditch 01527 529265	Open to parents and carers with children

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<b>Friendship and fun</b>	Meet up on a regular basis to reduce social isolation and encourage those attending to look at other social activities to keep them engaging	Abby Stadium, Birmingham road, Redditch	Wednesday 12pm	Anita Ridgewell Contact Abby stadium on 01527-60206	Open to everyone
<b>Open house coffee morning</b>	To support local people to meet for a coffee and to encourage social interaction	Oasis Hub, Edgeworth close, Worcester	Monday 9am-11am	Fay Osborne 01905 453530 communityhub@oasiswarndon.org	Open to everyone
<b>Ex-service personnel support group</b>	To encourage ex service personnel to meet up and have a social interaction and support each other with activities that they feel are appropriate for them	Youth House, Bromsgrove street, Kidderminster	Friday 9.30am - 11.30am	Paul Parson 01299-871240	Open to ex-service personnel
<b>Sue's Little Kitchen</b>	Gather around the table for soup, chat, crafts, cooking, games, weather permitting go outside for gardening.	Tolladine Mission Worcester	Monday 12.30pm- 3pm	Sue Martyr 07582243155 tolladine.mission@yahoo.com	Open to everyone Please contact sue for more details
<b>Singing Groups</b>					
<b>Name of Club / Group</b>	<b>Description</b>	<b>Where</b>	<b>When</b>	<b>Contact details</b>	<b>Other Information</b>
<b>Community Choir</b>	Singing group	Gilbert court, Gilbert road, Charford, Bromsgrove	Friday 10.30am - 12pm	Debbie Lamar 01527-836285	Open to everyone
<b>Community Singing group</b>	Singing group with a chat and coffee	Ronkswood Community Centre, Worcester	Tuesday 11am -1pm	Paula Morris 07821706174	Open to everyone

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<b>Board Games</b>	Social group and participation in a variety of board games	Gilbert court, Gilbert road, Charford, Bromsgrove	Wednesday 1.30pm - 2.30pm	Debbie Lamar 01527-836285	Open to everyone
<b>The Garden group</b>	To take part in outside activities (gardening) and feel they are making a contribution to the maintenance and development of the garden. To make friends and improve social interaction	Wallace House, 42 High street, Evesham	Wednesday 10am-12	Emma Good contact Wallace house on 01386 446580	Open to everyone
<b>Starlight Craft group</b>	To encourage people to take part in arts and crafts of all different sorts	Starlight café Humphrey Ave Bromsgrove	Wednesday 1pm-3pm	Run by Joy Bright contact is via Vicky Rollason at the starlight café on 01527-833886	Open to everyone £3 per session