



Worcestershire Health Walks

Worcestershire Health Walks are free, easy, accessible, and local. Health walks are between 30-90 minutes long, you can walk at your own pace and you do not need any specialised equipment.

Joining a health walk group is a great way to improve your health and to make new friends. Our health walk groups are friendly and welcome all ages and levels of fitness. You do not need to book just turn up 10-15 minutes before the walk is due to start.

For further information about health walks visit Worcestershire Health Walks website www.worcestershire.gov.uk/healthwalks or Lynn Yendell - Health Walks Officer Telephone 01905 844945 or Email LYendell@worcestershire.gov.uk

Walking Groups in Bromsgrove

Name of Group: Bromsgrove Health Walks

Where they Meet: Sanders Park Kiosk

Day and Time: Monday 10am short & medium walks and Friday 10am longer walk

Contact: Hilary Taylor **Telephone:** 0121 445 0107 **Email:** whw.bromsgrove@gmail.com

Name of Group: Lickey End Recreation Ground

Where they Meet: Lickey End Recreation Ground, Alcester Road, Bromsgrove.

Day and Time: Tuesday 10am - With guidance on using park gym equipment correctly

Contact: Hayley Gwilliam **Telephone:** 01527 881404

Name of Group: Rubery Library Health Walks

Where they Meet: Outside Rubery Library, Library Way, Rubery

Day and Time: Thursday 10am

Contact: Maddy Bennett **Telephone:** 0121 453 2445

Name of Group: Wythall Wanderers

Where they Meet: Wythall Park Car Park

Day and Time: Wednesday 2pm

Contact: Linda Yates **Telephone:** 07831 802640 **Email:** ljmyates@gmail.com

Walking Groups in Malvern Hills

Name of Group: Malvern Sole Mates

Where they Meet: Prospect View Health Centre & various locations.

Day and Time: Wednesday 2pm & Friday 10am longer walk.

Contact: Jenny Brown **Telephone:** 01684 578935 **Email:** jenn_brown@btinternet.com

Name of Group: Upton Walkers

Where they Meet: Upton Surgery

Day and Time: Tuesday 2:15pm short & long walks

Contact: Neil McKechnie **Telephone:** 07876 598 246

Walking Groups in Redditch

Name of Group: Abbey Track Walks

Where they Meet: Abbey Stadium, Birmingham Rd, Redditch (for flat, easy, Free walking)

Day and Time: Wednesday 11am

Contact: Hayley Gwilliam **Telephone:** 01527 881404

Name of Group: Arrow Valley Health Walks Redditch

Where they Meet: Arrow Valley Countryside Centre

Day and Time: Monday – 10.30 am short health walk. Thursday 10.30am - more challenging walk.

Contact: Val Wilson **Telephone:** 01527 534030

Name of Group: Redditch Library Health Walks

Where they Meet: Inside Redditch Library

Day and Time: FROM Friday 3rd September 11am then alternate weeks

Contact: Amber Morris **Telephone:** 01905 822722 **Email:** AMorris1@worcestershire.gov.uk

Walking Groups in Worcester City

Name of Group: Lower Wick Walkers Worcester

Where they Meet: Age UK H&W, Malvern Gate, Bromwich Road, Worcester

Day and Time: Monday 10:30am.

Contact: Juliette Kay **Email:** jk@ageukhw.org.uk

Name of Group: Lyppard Hub Walking Group

Where they Meet: Lyppard Hub, Ankerage Green

Day and Time: Tuesday 10am.

Contact: Telephone: 01905 616841 **Email:** info@lyppardhub.co.uk

Name of Group: Newtown Green Walkers

Where they Meet: Ronkswood Community Hub

Day and Time: Monday 10am. New Walk of 60 Minutes for 2021

Contact: Lisa Craven **Telephone:** 0749 340 8034

Name of Group: The HIVE Walkers Worcester

Where they Meet: The Hive Library entrance

Day and Time: Wednesday 10:30am

Contact Bob Lloyd **Telephone:** 0796 822 8319 **Email:** bobandlucylloyd@gmail.com

Name of Group: Walk and Talk Walking Group

Where they Meet: Oasis Academy Community Hub, Warndon

Day and Time: Tuesdays 9:15am – **Term Time Only**

Contact: Fay Osborne **Telephone:** 01905 453530

Name of Group: Woodgreen Walkers Worcester

Where they Meet: Woodgreen Evangelical Church

Day and Time: Friday 10am

Contact: Telephone: 01905 754548 **Email:** Jo_lye@ntm.org.uk

Name of Group: Worcester City Park Warden Healthy Walks

Where they Meet: The Commandery, Sidbury

Day and Time: Tuesday 10:30am

Contact: Email: healthwalks@worcestershire.gov.uk

Walking Groups in Wychavon

Name of Group: Walk Happy (previously Breathe Happy) **NEW GROUP**

Where they Meet: Rotary House, Corbett Avenue, Droitwich

Day and Time: Fri 2pm 30-minute walk

Contact: Audrey Horlick **Telephone:** 07900486388 **Email:** ahorlick2015@gmail.com

Name of Group: Spa Walkers

Where they Meet: Droitwich Leisure Centre

Day and Time: Wednesday 10:30am short & long walks

Contact: Email: Spawalkers@hotmail.co.uk

Name of Group: The Vale Walkers Broadway
Where they Meet: The Court, Back Lane.
Day and Time: Tuesday 10am 30mins & 60mins walks
Contact: Email: healthwalks@worcestershire.gov.uk

Name of Group: Westlands Walkers
Where they Meet: WANDS, Farmers Way, Droitwich
Day and Time: Wednesday 9: 15am
Contact: Laura Skillern **Email:** lauras2good2btrue84@live.co.uk

Walking Groups in Wyre Forest

Name of Group: Best Foot Forward
Where they Meet:
Bewdley Riverside – Dog Lane Car Park. Day and Time: Tuesday 1pm
Where they Meet:
Stourport Riverside – Lidl Car Park. Day and Time: Wednesday 2pm
Where they Meet:
Springfield Park, Kidderminster. Day and Time: Saturday 10am
Where they Meet:
Lock Inn, Wolverley. Day and Time: Thursday - Summer till end September 6pm then till end March 2.30pm.
Contact: Janet **telephone** 0775 2261 533 or Alan and Cath **telephone** 07918130637 or alternatively contact via **email** info@bff-wyreforest.co.uk

Name of Group: Kidderminster Stride & Stroll
Where they Meet: Various locations
Day and Time: Thursday 11am & Saturday 10:30am
Contact: Anne Little **Telephone:** 0787 1599 863 **Email:** info@strideandstroll.org.uk

Name of Group: Stanmore House Strollers
Where they Meet: Linden Avenue, Kidderminster
Day and Time: Tuesday 11.15am
Contact: Chris Withers **Telephone:** 0777 0680 277 **Email:** chris.j.withers@gmail.com

Name of Group: Stourport Strollers
Where they Meet: Stourport Library
Day and Time: A monthly Friday walk at 10am
Contact: Library hub **Telephone:** 01905 822722 **Email:** STLib@worcestershire.gov.uk

Name of Group: Wyre Forest Health Walks

Where they Meet: Wyre Forest Discovery Centre Café

Day and Time: Tuesday & Sunday 10.30am short and long walks

Contact: Brenda Jones **Telephone:** 0784 9653 472 **Email:** wyre@forestryengland.uk