



# 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](http://www.worcestershire.gov.uk/healthwalks) or Lynn Yendell - Health Walks Officer Telephone 01905 844945 or Email [LYendell@worcestershire.gov.uk](mailto:LYendell@worcestershire.gov.uk)

## Walking Groups in Bromsgrove

**Name of Group:** Bromsgrove Walks for Health

**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](mailto: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](mailto: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](mailto: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 10.30 am - 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 3<sup>rd</sup> September 11am then alternate weeks

**Contact:** Amber Morris **Email:** [AMorris1@worcestershire.gov.uk](mailto:AMorris1@worcestershire.gov.uk) **Telephone:** 01905 822722

## 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](mailto:jk@ageukhw.org.uk)

**Name of Group:** Lyppard Hub Walking Group

**Where they Meet:** Lyppard Hub, Ankerage Green

**Day and Time:** Tuesday 10am.

**Telephone:** 01905 616841 **Email:** [info@lyppardhub.co.uk](mailto: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](mailto: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  
**Telephone:** 01905 754548 **Email:** [Jo\\_lye@ntm.org.uk](mailto: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  
**Email:** [healthwalks@worcestershires.gov.uk](mailto:healthwalks@worcestershires.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](mailto:ahorlick2015@gmail.com)

**Name of Group:** Spa Walkers  
**Where they Meet:** Droitwich Leisure Centre  
**Day and Time:** Wednesday 10:30am short & long walks  
**Email:** [Spawalkers@hotmail.co.uk](mailto: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

**Email:** [healthwalks@worcestershire.gov.uk](mailto: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](mailto: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:** Contact Janet telephone 0775 2261 533 or Alan and Cath telephone 07918130637 or alternatively contact via email [info@bff-wyreforest.co.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto:wyre@forestryengland.uk)

## Progression Walks or Long Walks



Progression Walks or Long Walks are longer and more difficult than other health walks. Some of the groups on the list go on long walks.



Long walks are not health walks.

They are not good for people who are just starting to walk for exercise.

They are not for people who find walking difficult or use a wheelchair.



They are usually more than 3 and a half miles long.

They usually use harder routes which may include steep hills or going over stiles.



If you want to go on a long walk you will need to wear strong shoes or boots that are suitable for rough ground.

You will need to wear clothing that you can move about in and that will protect you from the weather.



If you want to find out more about long walks, please call your local group leader on the phone numbers in the list.

To find out more go our website [www.worcestershire.gov.uk/healthwalks](http://www.worcestershire.gov.uk/healthwalks)

