

# Health Walk Groups In Worcestershire

To find out more go to [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

## Groups in Worcester

### Citycare Walkers

St Paul's Church, Worcester

Friday 10am

Dot Burnett

01905 22022

[d.burnett@stpaulschurch.co.uk](mailto:d.burnett@stpaulschurch.co.uk)



### Connect Walkers Worcester

The Guildhall, Worcester

Monday fortnightly at 1.00pm

Helen Tye 07717680764 for details

### Lower Wick Walkers Worcester

Age UK H&W

Malvern Gate, Bromwich Road

Monday 10.30am

Email:

[healthwalks@worcestershire.gov.uk](mailto:healthwalks@worcestershire.gov.uk)

### Lyppard Hub Walking Group

Lyppard Hub, Ankerage Green

Tuesday 10.00am

01905 616841

[info@lyppardhub.co.uk](mailto:info@lyppardhub.co.uk)

### Newtown Green Walkers

Ronkswood Community Hub.

Monday 10am.

Lisa Craven 07493408034



### Perdiswell Park

Perdiswell Leisure Centre.

Thursday 10am

Tom Rimmer 07885 407474

[Tom.Rimmer@freedom-leisure.co.uk](mailto:Tom.Rimmer@freedom-leisure.co.uk)



### St Peter's Walkers Worcester

St Peter's Baptist Church

Friday 10.30am short & longer walks

Christine Shaw

01905 358640

[seashells84@sky.com](mailto:seashells84@sky.com)

### The HIVE Walkers Worcester

The Hive Library entrance

Wednesday 10:30am

Lindy Tandy 07948580335

### Walk and Talk Walking Group

Oasis Academy Community Hub.  
Warndon.

Tuesdays 9.15am - Term Time Only

Fay Osborne 01905 453530

### Woodgreen Walkers Worcester

Woodgreen Evangelical Church

Friday 10:00am

Church on 01905 754548

[Jo\\_lye@ntm.org](mailto:Jo_lye@ntm.org)

### Worcester City Park Warden

#### Healthy Walks

The Commandery, Sidbury

Tues 10.30am

Warndon Community Centre

Thur 10.30am

Pump House, Gheluvelt Park

Fri 10.30am – Longer riverside walk,

Lisa Smith 01905 722233

[lisa.smith@worcester.gov.uk](mailto:lisa.smith@worcester.gov.uk)



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## Groups in Wychavon

### Breathehappy

Rotary House, Corbett Avenue,  
Droitwich -  
Thurs 1pm **up to** 30 minute walks  
Thurs 3pm Park walk 30 minute walks  
Liz Jauncey 0780 5909201  
[breatheliz@hotmail.com](mailto:breatheliz@hotmail.com)

### Cherry's Cheery Strollers

Cherry Orchard House Reception  
Cherry Orchard, Pershore  
Fri 11am  
Joanne Hoy 07484 934329

### Evesham Library Walkers

Evesham Library reading area  
Thur 10:30am short & long walks  
Rosemary Restall 01386 47360

### Pershore Vale Walkers

Pershore Leisure Centre  
Friday 10.30am  
Val Wood 01386 554235

### Spa Walkers Droitwich

Droitwich Leisure Centre  
Wed 10.30am short & long walks  
Sue Mynette 01905 778813  
[Spawalkers@hotmail.co.uk](mailto:Spawalkers@hotmail.co.uk)

### The Vale Walkers Broadway

The Court, Back Lane  
Tue 10am 30mins & 60mins walks  
1<sup>st</sup> Sun monthly 10am longer walk  
[healthwalks@worcestershire.gov.uk](mailto:healthwalks@worcestershire.gov.uk)

### Westlands Walkers

WANDS, Farmers Way, Droitwich  
Wednesday 9.15am  
Liz Jauncey 0780 5909201  
[breatheliz@hotmail.com](mailto:breatheliz@hotmail.com)

## Groups in Malvern Hills

### Cob House Country Park

Worcester Road, Wichenford  
Last Monday every month 10.30am  
Rachel Vann -  
[getactive@malvern hills.gov.uk](mailto:getactive@malvern hills.gov.uk)

### Croome Park

National Trust Property, High Green  
Monday monthly walks at 10.30am  
Short & long walks available  
[healthwalks@worcestershire.gov.uk](mailto:healthwalks@worcestershire.gov.uk)

### Malvern Sole Mates

Prospect View Health Centre  
& various locations. See programme  
Wed 2pm & Fri 10am longer walk  
Jenny Brown 01684 578935  
Jill Dallimore 01684 563753  
[jenn\\_brown@btinternet.com](mailto:jenn_brown@btinternet.com)

### Tenbury Health Walk

Pump Rooms 10am  
3rd Thur monthly short & long walks  
Ann Benbow 01584 810890

### Upton Walkers

Upton Surgery  
Tuesday 2.15pm short & long walks  
Hilary Stephens 01684 592175  
[hilarystephens@hotmail.co.uk](mailto:hilarystephens@hotmail.co.uk)



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## Groups in Bromsgrove

### Bromsgrove Walks for Health

Sanders Park Kiosk

Mon 10am short & longer walks

Fri 10am longer walk

Judith Rowe 01527 871571

### Hagley Library Healthy Walking Group

1<sup>st</sup> and 3<sup>rd</sup> Wednesday every month

10.30am Hagley Library 01905 822722

### Rubery Library Walking Group

Rubery Library seating area

Thursday 10.00am

Maddy Bennett 0121 453 2445

### Starlight Walkers

Starlight Café. Charford.

Monday 1pm.

Vicky Rollason 01527 833886

### Wythall Wanderers

Wythall Park Car Park

Wednesday 2.00pm

Robert Lawley 01564 822909

## Groups in Redditch

### Abbey Track Walks

Abbey Stadium,

Birmingham Rd

Redditch

For flat, easy, Free walking

Wednesday 11am

Hayley Gwilliam 01527 881404

### Arrow Valley Health Walks Redditch

Arrow Valley Countryside Centre

Mon - short Health Walk 11am

Thu - more challenging walk 11am

Val Wilson 01527 534030

### Redditch Library Health Walks

Redditch Library

Alternate Fridays from 4th January 2pm

Tel: **01905 822722**

[relib@worcerstershire.gov.uk](mailto:relib@worcerstershire.gov.uk)

## Groups in Wyre Forest

### Best Foot Forward

Bewdley Riverside Tue 1pm

Dog Lane Car Park

Stourport Riverside Wed 2pm

Lidl Car Park

Springfield Park, Kidderminster

Sat 10am

Lock Inn Wolverley, Thursday

Winter times 2:30pm

Summer times 6pm

Janet 0775 2261 533

Alan or Cath 07918130637

[www.bff-wyreforest.co.uk](http://www.bff-wyreforest.co.uk)

### Kidderminster Stride & Stroll

Various locations see programme

Thur 11am & Sat 10.30am

Anne Little FREE on 07871 599863

[www.strideandstroll.org.uk](http://www.strideandstroll.org.uk)

### Stanmore House Strollers

Linden Avenue, Kidderminster

Tuesday 11.15am

Flis Parsons 07540 245706

[Flis.parsons@gmail.com](mailto:Flis.parsons@gmail.com)

### Wyre Forest Health Walks

Wyre Forest Discovery Centre Café

Tue & Sun 11am short & long walks

[sam.harding@forestryengland.uk](mailto:sam.harding@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.

# Walk Leader Training



Do you like walking?

Do you like meeting new people?

Do you have a few hours a week to spare?

Why not help to run a Health Walk in Worcestershire?



If you volunteer to run a Health Walk you will have a free training session.

The training lasts for one day.

You will find out about

- The Walking the Way to Health scheme
- Why doing exercise is good for your health
- How to set up a health walk
- How to help people to start walking for exercise and to keep going once they have started
- What makes a good walk leader



You will get a training book and a certificate to say you have been on the training.



If you want more information please contact Lynn Yendell - Health Walks Officer on **01905 766155**. Lynn is in the office on Mondays, Tuesday or Wednesday or email: [healthwalks@worcestershire.gov.uk](mailto:healthwalks@worcestershire.gov.uk)