



Health Walks Groups in Worcestershire

For individual group programmes please see

www.walkingforhealth.org.uk

For information on Walking for Health contact

Jon White, Health Walks Officer

01905 768289 / healthwalks@worcestershire.gov.uk



WORCESTERSHIRE
Walking Network
www.worcestershire.gov.uk

Tenbury Health Walks

Pump Rooms

3rd Thu mthly 10:00 am

Val Boddington 01584 318601

Malvern: Sole Mates

The Cube Malvern

Various locations

See programme

Wed 2:00 pm & Fri 10:00 am

Alison Hall

01684 562159

Wythall Park Wednesday 2pm

Steve Sharp 07910 277 523

Upton Walkers

Upton Surgery

Tue 2.15 pm

Gail Prasher 01684 592696

Stepstone Striders and Strollers

The Hill Centre Upton WR80EN

we meet fortnightly at 10:00 am

Stollers short walk 1st Thursday

of each month.

Striders longer walks 3rd Thursday

of each month

www.wellness-counts.co.uk

Pauline 07958 614209

Tina 07917 897215

Worcester City Park Warden

Healthy Walks

Tue 10:30 am The

Commandery, Sidbury

Fri 10.30 am Long Riverside

Walk, Pump House, Gheluvelt

Park

Deb Merrick 01905 722233

Deborah.merrick@worcester.g

ov.uk

St Peter's Walkers Worcester

St Peter's Baptist Church

Fri 10.30 am

Christine Shaw

01905 358640

07793 242505

Best Foot Forward

Bewdley Riverside Tue 1-12:15pm

Stourport Riverside Wed 2-3:15pm

Springfield Park Sat 10-12am

Lock Inn Wolverley Thurs

Winter times (GMT)2:30pm-3:45

Summer times (BST) 6:00pm-7:15

Paul or Janet 0775 2261 533

Alan or Cath 07918130637

Info.bestfootforward@gmail.com

Track Walking Stourport Sports

Club Wednesday 10.30-11.30am

Geoff Shaw 07703 474 121

Wyre Forest Health Walks

Wyre Forest Discovery Centre

Tue & Sun 11:00 am

Chris Mansell 01299 266929

Kidderminster: Stride & Stroll II

Various locations see programme

Thu 11.00 am & Sat 10.30 am

www.strideandstroll.org.uk

07871 599863

Worcester Health Trainers

The Hive Library Wed 10:30am

Susan Martyr 01905 681333

Pitchcroft Pacers Worcester

Pump House, Gheluvelt Park

Thu 2:00 pm

Peter Stevens 01905 421747

Library Strollers – St John's

Worcester

Weds 2:00pm

Peter Stevens 01905 421747

Evesham Library Walkers

Evesham Library reading area

Thurs 10:30 am to 12:00

Rosemary Restall 01386 40651

Bromsgrove Walks for Health

Sanders Park Mon10:00 am

and Fri 10:00 am long walk

Judith Rowe 01527 871571

Bromsgrove Track Walk

Ryland Leisure Centre

Wed 10:30am

Matt Hill 01527 575387

Webheath Wanderers

Webheath Village Hall, Redditch

Tue 10:30 am

Anne Coombs 01527 546017

Sue Hope 01527 60302

suehope@hotmail.com

Arrow Valley Health Walks

Redditch

Arrow Valley Countryside Centre

Mon & Thu 11:00 am

Val Wilson 01527 534030

Spa Walkers Droitwich

Droitwich Leisure Centre

Wed 10.30 am

Sue Mynette 01905 778813

Pershore Vale Walkers

Pershore Leisure Centre

Fri 10.30 am

Val Wood 01386 554235

The Vale Walkers, Broadway

The Court, Back Lane

Tue 10:00am

1st Sun mthly 10:00 am

Andy Hartwell 07711 752843

Woodgreen Walkers, Worcester

Warndon Villages, Woodgreen

Evangelical Church Hastings

Drive Fri 10:00 am

Jo Lye 01905 723497

Jo_lye@ntm.org

Lower Wick Walkers Worcester

Mondays 10.30 am

Age UK H&W

Malvern Gate, Bromwich Road

Carrolle Sajid 01905 740950



worcestershire
county council



Health Walks Groups in Worcestershire

For individual group programmes please see

www.walkingforhealth.org.uk

For information on Walking for Health contact

Jon White, Health Walks Officer

01905 768289 / healthwalks@worcestershire.gov.uk



WORCESTERSHIRE
Walking Network
www.worcestershire.gov.uk

Tenbury Health Walks

Pump Rooms

3rd Thu mthly 10:00 am

Val Boddington 01584 318601

Malvern: Sole Mates

The Cube Malvern

Various locations

See programme

Wed 2:00 pm & Fri 10:00 am

Alison Hall

01684 562159

Wythall Park Wednesday 2pm

Steve Sharp 07910 277 523

Upton Walkers

Upton Surgery

Tue 2.15 pm

Gail Prasher 01684 592696

Stepstone Striders and Strollers

The Hill Centre Upton WR80EN

we meet fortnightly at 10:00 am

Stollers short walk 1st Thursday

of each month.

Striders longer walks 3rd Thursday

of each month

www.wellness-counts.co.uk

Pauline 07958 614209

Tina 07917 897215

Worcester City Park Warden

Healthy Walks

Tue 10:30 am The

Commandery, Sidbury

Fri 10.30 am Long Riverside

Walk, Pump House, Gheluvelt

Park

Deb Merrick 01905 722233

Deborah.merrick@worcester.g

ov.uk

St Peter's Walkers Worcester

St Peter's Baptist Church

Fri 10.30 am

Christine Shaw

01905 358640

07793 242505

Best Foot Forward

Bewdley Riverside Tue 1-12:15pm

Stourport Riverside Wed 2-3:15pm

Springfield Park Sat 10-12am

Lock Inn Wolverley Thurs

Winter times (GMT)2:30pm-3:45

Summer times (BST) 6:00pm-7:15

Paul or Janet 0775 2261 533

Alan or Cath 07918130637

Info.bestfootforward@gmail.com

Track Walking Stourport Sports

Club Wednesday 10.30-11.30am

Geoff Shaw 07703 474 121

Wyre Forest Health Walks

Wyre Forest Discovery Centre

Tue & Sun 11:00 am

Chris Mansell 01299 266929

Kidderminster: Stride & Stroll II

Various locations see programme

Thu 11.00 am & Sat 10.30 am

www.strideandstroll.org.uk

07871 599863

Worcester Health Trainers

The Hive Library Wed 10:30am

Susan Martyr 01905 681333

Pitchcroft Pacers Worcester

Pump House, Gheluvelt Park

Thu 2:00 pm

Peter Stevens 01905 421747

Library Strollers – St John's

Worcester

Weds 2:00pm

Peter Stevens 01905 421747

Evesham Library Walkers

Evesham Library reading area

Thurs 10:30 am to 12:00

Rosemary Restall 01386 40651

Bromsgrove Walks for Health

Sanders Park Mon10:00 am

and Fri 10:00 am long walk

Judith Rowe 01527 871571

Bromsgrove Track Walk

Ryland Leisure Centre

Wed 10:30am

Matt Hill 01527 575387

Webheath Wanderers

Webheath Village Hall, Redditch

Tue 10:30 am

Anne Coombs 01527 546017

Sue Hope 01527 60302

suehope@hotmail.com

Arrow Valley Health Walks

Redditch

Arrow Valley Countryside Centre

Mon & Thu 11:00 am

Val Wilson 01527 534030

Spa Walkers Droitwich

Droitwich Leisure Centre

Wed 10.30 am

Sue Mynette 01905 778813

Pershore Vale Walkers

Pershore Leisure Centre

Fri 10.30 am

Val Wood 01386 554235

The Vale Walkers, Broadway

The Court, Back Lane

Tue 10:00am

1st Sun mthly 10:00 am

Andy Hartwell 07711 752843

Woodgreen Walkers, Worcester

Warndon Villages, Woodgreen

Evangelical Church Hastings

Drive Fri 10:00 am

Jo Lye 01905 723497

Jo_lye@ntm.org

Lower Wick Walkers Worcester

Mondays 10.30 am

Age UK H&W

Malvern Gate, Bromwich Road

Carrolle Sajid 01905 740950



worcestershire
county council

Do you enjoy walking?
Like meeting new people?
Have you a few hours to spare
each month?

Then why not consider leading
Health Walks in Worcestershire?



As a volunteer you will receive a free one-day training session where you will find out about

- the national Walking the Way to Health initiative (www.walkingforhealth.org.uk)
- the benefits to health of regular exercise
- how to set up a health walk
- route planning and risk assessment
- how to motivate people to start walking and keep going
- what makes a good walk leader

Lunch is provided as well as a training manual and certificate of attendance. Basic emergency life support first aid training is also available as a separate session.

For further information or details of courses please contact:

Jon White
Health Walks Officer
Worcestershire County Council's Countryside Service
The Countryside Centre
Wildwood Drive
Worcester
WR52LG
01905 768289
Healthwalks@worcestershire.gov.uk
www.worcestershire.gov.uk/countryside



Do you enjoy walking?
Like meeting new people?
Have you a few hours to spare
each month?



Then why not consider leading
Health Walks in Worcestershire?

As a volunteer you will receive a free one-day training session where you will find out about

- **the national Walking the Way to Health initiative**
(www.walkingforhealth.org.uk)
the benefits to health of regular exercise
- how to set up a health walk
- route planning and risk assessment
- how to motivate people to start walking and keep going
- what makes a good walk leader

Lunch is provided as well as a training manual and certificate of attendance. Basic emergency life support first aid training is also available as a separate session.

For further information or details of courses please contact:

Jon White

Health Walks Officer

Worcestershire County Council's Countryside Service

The Countryside Centre

Wildwood Drive

Worcester

WR52LG

01905 768289

Healthwalks@worcestershire.gov.uk

www.worcestershire.gov.uk/countryside

