

Health Walk Groups in Worcestershire

Health Walks are free, easy and accessible and local. They are between 30-90 minutes long, you can walk at your own pace and you do not need any specialised equipment. Health Walk groups are friendly and welcome all ages and abilities. No need to book just turn up 10-15 minutes before the walk is due to start. For further information about health walks visit the walking for health website www.walkingforhealth.org.uk or contact

Lynn Yendell Health Walks Officer Tel: 01905 766155 Email: LYendell@worcestershire.gov.uk

Groups in Bromsgrove

BHI Parkside Walk

Stourbridge Road, Bromsgrove
'With guidance on using Trim Trail equipment correctly'
Tuesday 11am. Hayley Gwillam
01527 881404
Starts Tuesday 14.01.20

Rubery Library Walking Group

Rubery Library seating area Thursday 10.00am
Maddy Bennett: 0121 453 2445



Bromsgrove Walks for Health

Sanders Park Kiosk
Mon 10am short & longer walks Fri 10am longer walk
Judith Rowe: 01527 871571

Starlight Walkers Starlight Café Charford. Monday 1pm.
Tel: 01527 833886

Hagley Library Healthy Walking Group

1st and 3rd Wednesday every month 10.30am Hagley Library
Tel: 01905 822722

Wythall Wanderers

Wythall Park
Car Park
Wednesday 2pm
Robert Lawley: 01564 822909

Groups in Malvern Hills

Cob House Country Park

Worcester Road
Wichenford
Last Monday every month 10.30am
Rachel Vann:
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

Malvern Sole Mates

Prospect View Health Centre & various locations
Wed 2pm & Fri 10am longer walk
Jenny Brown: 01684 578935
Jill Dallimore: 01684 563753
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



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 11am
Tel: 01905 822722
relib@worcestershire.gov.uk

Groups in Worcester City

Citycare Walkers

St Paul's Church, Worcester
Friday 10am
Dot Burnett: 01905 22022
d.burnett@stpaulschurch.co.uk

Connect Walkers Worcester

The Guildhall, Worcester
Monday fortnightly at 1.00pm
Helen Tye: 07717680764

Lower Wick Walkers Worcester

Age UK H&W
Malvern Gate, Bromwich Road
Monday 10.30am
Email:
healthwalks@worcestershire.gov.uk

Lyppard Hub Walking Group

Lyppard Hub, Ankerage Green
Tuesday 10.00am
01905 616841
info@lyppardhub.co.uk

Newtown Green Walkers

Ronkswood Community Hub.
Monday 10am.
Lisa Craven: 07493408034



Groups in Worcester City (continued)

St Peter's Walkers Worcester

St Peter's Baptist Church
Friday 10.30am short & longer
walks
Christine Shaw: 01905 358640
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.
Tuesday 9.15am - Term Time Only
Fay Osborne: 01905 453530

Woodgreen Walkers Worcester

Woodgreen Evangelical Church
Friday 10:00am
Tel: 01905 754548
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
healthwalks@worcestershire.gov.uk



Groups in Wychavon

Breathehappy

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

Evesham Library Walkers

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

Ombersley Walking for Health

Lych Gate, St Andrew's Church
Wednesday 10am from 17th July
Peter Reynolds - 07855 441804

Parsons Walkie Talkies

Parsons Gardens, Broadway
Friday 10am
Kim Dillon - 07483044559

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

The Vale Walkers Broadway

The Court, Back Lane
Tue 10am 30mins & 60mins
walks 1st Sun monthly 10am
longer walk
healthwalks@worcestershire.gov

Westlands Walkers

WANDS, Farmers Way, Droitwich
Wednesday 9.15am
Liz Jauncey: 0780 5909201
breatheliz@hotmail.com



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

Kidderminster Stride & Stroll

Various locations see programme
Thur 11am & Sat 10.30am
Anne Little: 07871 599863
www.strideandstroll.org.uk

Stanmore House Strollers

Linden Avenue, Kidderminster
Tuesday 11.15am
Flis Parsons: 07540 245706
Flis.parsons@gmail.com

Stourport Strollers

Stourport Library
Fri 5th July & Fri 9th August. 10am.
More regular walks from September.
STLib@worcestershire.gov.uk
Library Hub. 01905 822722

Wyre Forest Health Walks

Wyre Forest Discovery Centre Café
Tue & Sun 11am Short & Long
walks
wyre@forestryengland.uk