

# 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](http://www.walkingforhealth.org.uk) or contact

Lynn Yendell Health Walks Officer Tel: 01905 766155 Email: [LYendell@worcestershire.gov.uk](mailto:LYendell@worcestershire.gov.uk)

## 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

1st and 3rd Wednesday every month  
10.30am Hagley Library  
**Tel: 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 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  
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)**



## 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](mailto: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](mailto: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](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**



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

### Westlands Walkers

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

### Stourport Strollers

Stourport Library  
Fri 5<sup>th</sup> July & Fri 9<sup>th</sup> August. 10am.  
More regular walks from September.  
[STLib@worcestershire.gov.uk](mailto:STLib@worcestershire.gov.uk)  
Library Hub. 01905 822722

### Wyre Forest Health Walks

Wyre Forest Discovery Centre Café  
Tue & Sun 11am Short & Long  
walks  
[Sam.harding@forestryengland.uk](mailto:Sam.harding@forestryengland.uk)