

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/worcshealthwalks or **Contact:** Health Walks Officer

Telephone: 01905 844945 **Email:** healthwalks@worcestershire.gov.uk

Walking Groups in Bromsgrove

Name of group: Blackwell Gentle Walk.

Where they meet: Opposite entrance to St Catherine's Church, Blackwell.

Day and time: Wednesday 10:30am.

Contact: Hayley Gwilliam **Telephone:** 01527 881404

Email: Hayley.Gwilliam@bromsgroveandredditch.gov.uk

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:** 01905 844945 **Email:** whw.bromsgrove@gmail.com

Name of group: Hagley Library Healthy Walking Group.

Where they meet: Hagley Library.

Day and time: Wednesday 10:30am the 1st & 3rd of every month.

Contact: Hagley Library **Telephone:** 01905 822722 **Email:** HagleyLib@worcestershire.gov.uk

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

Email: Hayley.Gwilliam@bromsgroveandredditch.gov.uk

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

Walking Groups in Bromsgrove (continued)

Name of group: The Oakalls and Harwood Park.

Where they meet: Play area in Green Park Road, Finstall.

Day and time: Wednesday 2pm.

Contact: Hayley Gwilliam **Telephone:** 01527 881404

Email: Hayley.Gwilliam@bromsgroveandredditch.gov.uk

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

Walking Groups in Malvern Hills

Name of group: Croome Health Walks.

Where they meet: Outside the Visitor Welcome Centre.

Day and time: Monday 10.30am. See Croome website for dates -

<https://www.nationaltrust.org.uk/visit/worcestershire-herefordshire/croome/events>

Contact: Croome **Telephone:** 01905 371006 **Email:** croome@nationaltrust.org.uk

Name of group: Malvern town football club walkers

Where they meet: HDanywhere Community Stadium.

Day and time: Thursday 11.30am.

Contact: Dana Hughes **Telephone:** 01684 564746 **Email:** dana@malverntown.co.uk

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

Name of group: Upton Hill Centre Walking Group.

Where they meet: The Hill Centre, Upton.

Day and time: Thursday 10am alternate weeks from 4th January 2024.

Contact: John Walton **Telephone:** 07944 611253 **Email:** john@adventureguide.org.uk

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

Email: Hayley.Gwilliam@bromsgroveandredditch.gov.uk

Walking Groups in Redditch (continued)

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 – longer walk.

Contact: Worcestershire Health Walks **Email:** healthwalks@worcestershire.gov.uk

Name of group: Redditch Library Health Walks.

Where they meet: Inside Redditch Library.

Day and time: Friday 11am alternate weeks from 5th January 2024.

Contact: Susan Evans **Telephone:** 01905 822722 **Email:** SEvans2@worcestershire.gov.uk

NEW FROM FRIDAY 13TH SEPTEMBER 2024

Name of group: Worcestershire Health Walk for Moms

Where they meet: Outside the Boat House, Arrow Valley Lake.

Day and time: Friday 9.30am – after the school run !

Contact: Valentina **Telephone:** 07389 179911 **Email:** fronea_valentina@yahoo.com

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: Carley Edge **Email:** cedge@ageukhw.org.uk

Name of group: Lyppard Hub Walking Group.

Where they meet: Lyppard Hub, Ankerage Green.

Day and time: Tuesday 10am.

Contact: Lyppard Hub **Telephone:** 01905 616841 **Email:** info@lyppardhub.co.uk

Name of group: Newtown Green Walkers.

Where they meet: Ronkswood Community Hub.

Day and time: Monday 10am.

Contact: Ronkswood Hub **Telephone:** 01905 453453

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

Name of group: Walk and Talk Walking Group.

Where they meet: Oasis Academy Community Hub, Warndon.

Day and time: Wednesday 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.
Contact: Woodgreen Church **Telephone:** 01905 451985 **Email:** 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.
Contact: Worcestershire Health Walks **Email:** healthwalks@worcestershire.gov.uk

Walking Groups in Wychavon

Name of group: Evesham Library Stepping Out.
Where they meet: Inside Evesham Library.
Day and time: Tuesday 10:30am.
Contact: Evesham Library **Telephone:** 01905 822722 **Email:** Eveshamlib@worcestershire.gov.uk

Name of group: Spa Walkers.
Where they meet: Droitwich Leisure Centre.
Day and time: Wednesday 10:30am.
Contact: Spa Walkers **Email:** 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.
Contact: Worcestershire Health Walks **Email:** healthwalks@worcestershire.gov.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 Winter till end March 2:30pm.
Contact: Tony **Telephone** 07990 381680 **Email** 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

Name of group: Stanmore House Strollers.
Where they meet: Meet/Park at Land Oak Pub, Birmingham Road, Kidderminster.
Day and time: Tuesday 11am.
Contact: Chris Withers **Telephone:** 0777 0680 277 **Email:** chris.j.withers@gmail.com

Name of group: Stourport Strollers.

Where they meet: Stourport Library.

Day and time: Friday 10am the 2nd & Last of every month.

Contact: Library Hub **Telephone:** 01905 822722 **Email:** 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

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.



Progression walks or 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 three 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 progression or 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 progression or 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/worcshealthwalks

Further walks in Worcester and rural Worcestershire and useful links for health and wellbeing & keeping active are on the Worcestershire Health Walks webpage – www.worcestershire.gov.uk/worcshealthwalks