

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/transport/walking/worcestershire-health-walks or contact Health Walks Officer: Telephone 01905 844945 Email: healthwalks@worcestershire.gov.uk

Walking Groups in Bromsgrove

Name of group: Blackwell 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 Health Walks.

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.

New Gentle Walk: From Thursday 3rd April 10.30am then **Fortnightly**

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

Name of group: Aston Fields Health Walk.
Where they meet: Outside Banners in Aston Fields
There is two hours free parking at Aston Fields Public Car Park B60 2DZ.
Please display a ticket.
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:** 07927661877 **Email:** jenn_brown@btinternet.com

Name of group: Upton Community Walking Group.
Where they meet: Various locations, Upton.
Day and time: Thursday 10am alternate weeks – **From 5th December 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

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 10.30am – 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 6th December 2024**

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

Walking Groups in Worcester City

Name of group: Lower Wick Walkers

Where they meet: Willow Barn, Malvern Road, Worcester.

Day and time: Monday 10:30am.

Contact: Worcestershire Health Walks **Telephone:** 01905 844945

Email: healthwalks@worcestershire.gov.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: Worcestershire Healthwalks **Telephone:** 01905 844945

Email: healthwalks@worcestershire.gov.uk

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: Telephone: Email:

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 A&B Groups 10am C&D Groups 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 Friday 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

Useful links for health and wellbeing & keeping active are on the

Worcestershire Health Walks webpage –

www.worcestershire.gov.uk/transport/walking/worcestershire-health-walks