

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

Best Foot Forward

Tenbury Health Walks
Pump Rooms
3 rd 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 3rdThursday 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

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

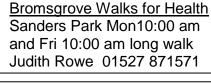
Pitchcroft Pacers Worcester Pump House, Gheluvelt Park Thu 2:00 pm Peter Stevens 01905 421747

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

worcestershire

countycouncil



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



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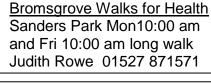
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Do you enjoy walking? Like meeting new people? Have you a few hours to spare each month?



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 (<u>www.walkingforhealth.org.uk</u>)
- 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





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