

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

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

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 Stew: 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



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:

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

St Peter's Walkers Worcester

St Peter's Baptist Church
Friday 10.30am short & longer walks
Christine Shaw: 01905 358640
seashells84@sky.com

Groups in Worcester City (continued)

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,

Lisa Smith: 01905 722233

lisa.smith@worcester.gov.uk



Groups in Wychavon

Breathehappy

Rotary House, Corbett Avenue,
Droitwich -

Thurs 1pm **up to** 30 minute walks

Thurs 3pm Park walk 30 minute
walks

Liz Jauncey: 0780 5909201

breatheliz@hotmail.com

Pershore Vale Walkers

Pershore Leisure Centre

Friday 10.30am

Val Wood: 01386 554235

Cherry's Cheery Strollers

Cherry Orchard House Reception
Cherry Orchard, Pershore

Fri 11am

Joanne Hoy: 07484 934329

Spa Walkers Droitwich

Droitwich Leisure Centre

Wed 10.30am short & long walks

Sue Mynette: 01905 778813

Spawalkers@hotmail.co.uk

Evesham Library Walkers

Evesham Library reading area

Thur 10:30am short & long walks

Rosemary Restall: 01386 47360

The Vale Walkers Broadway

The Court, Back Lane

Tue 10am 30mins & 60mins walks

1st Sun monthly 10am longer walk

healthwalks@worcestershire.gov.uk

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

Wyre Forest Health Walks

Wyre Forest Discovery Centre

Café

Tue & Sun 11am Short & Long

walks

Sam.harding@forestryengland.uk

Stanmore House Strollers

Linden Avenue, Kidderminster

Tuesday 11.15am

Flis Parsons: 07540 245706

Flis.parsons@gmail.com



Come join us for walk
in Worcestershire



worcestershire
county council