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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/16rcshealthwalks](http://www.worcestershire.gov.uk/16rcshealthwalks) or **Contact:** Health Walks Officer  
**Telephone:** 01905 844945 **Email:** [healthwalks@worcestershire.gov.uk](mailto: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](mailto: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](mailto:whw.bromsgrove@gmail.com)

**Name of group:** Hagley Library Healthy Walking Group.

**Where they meet:** Hagley Library.

**Day and time:** Wednesday 10:30am the 1<sup>st</sup> & 3<sup>rd</sup> of every month.

**Contact:** Hagley Library **Telephone:** 01905 822722 **Email:** [HagleyLib@worcestershire.gov.uk](mailto: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](mailto: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:** 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](mailto:Jo_lye@ntm.org.uk)

**Name of group:** Worcester City G1.92 reW\*nBT/F3 12u98 103.58 0.84 re@ W2 Tf

**Name of group:** Stourport Strollers.

**Where they meet:** Stourport Library.

**Day and time:** Friday 10am the 2<sup>nd</sup> & Last of every month.

**Contact:** Library Hub **Telephone:** 01905 822722 **Email:** [STLib@worcestershire.gov.uk](mailto: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:**

