

## SATURDAY VENUES

CP=Car Park, \* Fee payable, NT = Nat. Trust,

<b>Abberley</b> : Village Hall CP*	WR6 6AZ
<b>Astley</b> Village Hall CP*	DY13 0RF
<b>Alveley</b> Severn Valley CP*	WV15 6NG
<b>Baggeridge</b> Country Park CP*	DY3 4AF
<b>Barnett Hill</b> : Garden Centre	DY9 0EE
<b>Belbroughton</b> : Private Paddock CP*	DY9 9TH
<b>Collection for Retinitis Pigmentosa</b>	
<b>Bewdley</b> : Gardners Meadow CP*	DY12 2DU
<b>Blackstone</b> : Blackstone CP	DY12 1PU
<b>Chaddesley Corbett</b> : Rowberry's Garden Centre CP	DY10 4QN
<b>Clent</b> : Nimmings CP (NT)*	B62 0NL
<b>Croome Court</b> [NT] CP	WR8 9DW
<b>Dodford</b> : The Park Gate £1 per person	B61 9AJ
<b>Droitwich Gateway Park CP*</b> Hanbury Road B4090	WR9 7DU
<b>Enville NT Car Park Kingsford Lane</b>	DY7 5NP
<b>Hagley</b> : Haybridge School, Station Rd. Collection for school funds £1 per person	DY8 2XL
<b>Hampton Loade</b> : CP* [NT]	WV15 6HD
<b>Hampton Lovett Parish Room CP*</b>	WR9 0LU
<b>Hartlebury Common</b>	DY13 9JB
<b>Harvington</b> : The Dog Inn CP	DY10 4LN
<b>Hawkbatch</b> : Forestry CP	DY12 3AF
<b>Himley Hall</b> : at Himley CP*	DY3 4DF
<b>Kinver</b> : Community Sports Centre	DY7 6ET
<b>Kinver Edge</b> The Rock Houses	DY7 5NR
<b>Kinver Edge</b> [NT] CP Kingsford Lane	DY7 5NP
<b>Kinver Edge</b> Blakeshall Lane	DY11 5XT
<b>Mamble</b> : Picnic Layby on A456	DY14 9JN
<b>Martley Sports</b> Martley / High School	WR6 6QA
<b>Neen Savage</b> : Village Hall CP*	DY14 8JU
<b>Ombersley A;AB;B roadside: C&amp;D Cricket Club</b>	WR9 0EP
<b>Rock</b> : Millennium Field CP	DY14 9SD
<b>Spennells</b> : Heronswood Road	DY10 4EE
<b>Spennells</b> The Dog Harvington	DY10 4LN
<b>The Hampstall Inn Astley Burf</b>	DY13 0RY
<b>The Lenchford Inn Shrawley</b>	WR6 6TB
<b>Trimpley Eymore Woods CP</b>	DY12 1PH
<b>Waseley Hills Country Park CP*</b>	B45 9AT
<b>Wolverley High School Bus CP</b>	DY11 5XH
<b>Wombourne Station CP</b> Bratch Lane	WV5 9AB

## SATURDAY PROGRESSION WALKS

### JAN 2019

5	Droitwich Blackstone Waseley Hills Country Park	A, AB, B, C, D.
12	Bewdley Chaddesley Corbett	A, AB, B, C, D.
19	Hartlebury Common Wolverley Wombourne Station Himley Hall	A, AB, B, C, D.
26	Hagley The Lenchford Inn Bewdley	A, B, AB, C, D.

### FEB 2019

2	Blackstone Ombersley Hartlebury Common Trimpley	A, AB, B, C, D.
9	Kinver Chaddesley Corbett Blackstone	A, B, AB, C, D.
16	Alveley	All Groups.
23	Harvington Hampton Lovett Hagley	A, AB, B, C, D.

### MARCH 2019

2	Ombersley Dodford Harvington	A, AB, B, C, D.
9	Trimpley Clent Dodford	A, AB, B, C, D.
16	Mamble Kinver Edge-Kingsford Lane Ombersley	A, AB, B, C, D.
23	Hampton Loade	All Groups.
30	Waseley Hills Country Park Hampton Lovett	A, AB, B, C, D.

## APRIL 2019

6	Barnett Hill Kinver	A, AB, B, C, D.
13	The Lenchford Inn Enville Wolverley	A, AB, B, C, D.
20	Chaddesley Corbett Harvington---Dog Inn Spennells-Heronswood Road	A, AB, B, C, D.
27	The Hampstall Inn- Bluebell Walk Hartlebury Common	A, AB, B, C, D.

### MAY 2019

4	Hampton Lovett Abberley The Hampstall Inn-Bluebell Walk	A, AB, B, C, D.
11	Himley Hall Hampton Lovett Wombourne Station Kinver Edge-Blakeshall Lane	A, AB, B, C, D.
18	Rock	All Groups
25	Kinver Edge-Rock Houses Belbroughton	A, AB, B, C, D.

### JUNE 2019

1	Astley Village Hall-17 <sup>th</sup> Anniversary Picnic	All Groups
8	Neen Savage Hawkbatch	A, AB, B, C, D.
15	Hawkbatch Croome Court Neen Savage	A, AB, B, C, D.
22	Martley	All Groups
29	Clent Hawkbatch Barnett Hill	A, AB, B, C, D.

## THURSDAY HEALTH WALKS

CP= CAR PARK \* FEE PAYABLE

### JAN 2019

3	Chaddesley Corbett—Rowberry's Garden Centre	DY10 4QN
10	Wolverley The Lock Inn CP	DY10 3RN
17	Bewdley Gardners Meadow CP*	DY12 2DG
24	Stourport Civic Centre CP*	DY13 8UJ
31	Enville The Sports Pavilion	DY7 5HB

### FEB 2019

7	Wyre Forest-VC CP* Meal at the Plough Inn Far Forest.	DY14 9XQ
14	Chaddesley Corbett Rowberry's Garden Centre	DY10 4QN
21	Wolverley The Lock Inn CP	DY10 3RN
28	Bewdley Gardners Meadow CP*	DY12 2DG

### MARCH 2019

7	Stourport Civic Centre CP*	DY13 8UJ
14	Enville The Sports Pavilion	DY7 5HB
21	Wyre Forest Visitor Centre CP*	DY14 9XQ
28	Chaddesley Corbett Rowberry's Garden Centre	DY10 4QN

### APRIL 2019

4	Harvington Hall ---Collection	DY10 4LR
11	Wolverley The Lock Inn CP	DY10 3RN
18	Enville The Sports Pavilion	DY7 5HB
25	Bewdley Gardners Meadow CP*	DY12 2DG

### MAY 2019

2	Stourport Civic Centre CP*	DY13 8UJ
9	Wyre Forest Visitor Centre CP*	DY14 9XQ
16	Chaddesley Corbett Rowberry's Garden Centre	DY10 4QN
23	Droitwich Lido CP* Worcester Road	WR9 8AG
30	Wolverley The Lock Inn CP	DY10 3RN

### JUNE 2019

6	Harvington Hall -Collection	DY10 4LR
13	Bewdley Gardners Meadow CP*	DY12 2DG
20	Stourport Civic Centre CP*	DY13 8UJ
27	Enville The Sports Pavilion CP	DY7 5HB

The walks are free and open to anyone who can manage the conditions described for Thursday or for Saturday walks. First time walkers should arrive 20 minutes before the start time in order to complete a simple health questionnaire. Dogs are allowed provided they are kept under control.

For further information visit the web site [www.strideandstroll.org.uk](http://www.strideandstroll.org.uk) or call the following number: 07871 599863 and leave a contact number.

**Cancellations:** If in doubt about the weather refer either to the web site or to the mobile phone number above.

**Wyre Forest Walks:** Very similar walks take place at the Wyre Forest Visitor Centre, Callow Hill, Bewdley every Tuesday and Sunday at 11.00am.

Associated web sites:

**Ramblers:**

[www.walkingforhealth@ramblers.org.uk](http://www.walkingforhealth@ramblers.org.uk)

**Take Heart, Wyre Forest Heart Support Group**

[www.wyreforesttakeheart.org.uk](http://www.wyreforesttakeheart.org.uk)

hfholidays

[www.hfholidays.co.uk](http://www.hfholidays.co.uk)



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## WALKING FOR HEALTH

### JANUARY TO JUNE 2019

Stride and Stroll is a friendly and welcoming Kidderminster based walking group and entirely run by trained volunteer Walk Leaders. Walks take place every week throughout the year on Thursdays and Saturdays, depending on Christmas and New Year dates!

**Thursday Health Walks** are accredited to the National Walking for Health Scheme which is administered by Ramblers and supported by The Peoples Post Code Lottery until 31/03/19. These walks are at 11:00am in and around Wyre Forest District. They are intended for everyone, including those with on-going health problems. Many of our members start walking for about 10 minutes at a speed they find comfortable, with the aim of eventually walking for 30-40 minutes on a regular basis. Why not come along and find out how far you can walk when you are chatting to someone. An equally important part of the morning is the equivalent amount of time spent over tea or coffee afterwards. Walks are on level ground with good surfaces and often wheelchair friendly.

**Saturday Progression Walks** are part of the Worcestershire Walking Network, supported by Worcestershire County Council and are at 10:30am, at locations mainly within a 10 mile radius of Kidderminster. If you can walk 3-3.5 miles across country and over stiles then you will manage our D-Group. For more able walkers the choice is anything up to 6 miles with either A, AB, B or C-Groups. Stout footwear and suitable clothing are essential to suit the seasonal conditions. Why not explore your local countryside, see it from a completely different perspective, get healthier in the process and gain a whole new circle of friends?