








	Grade 1 = Flat ground / gentle slopes with mainly firm surfaces. Limited / no steps or stiles. 1 hr (shorter walks of 30 minutes incorporated). Accredited by Walking for Health
	Grade 2 = Moderate slopes, steps, uneven surfaces and possible stiles. 1 - 1.5hours. Accredited by Walking for Health
	Progression Walks = Likely to include slopes, steps, stiles and uneven surfaces. 1.5hrs +
	Available Parking
	Available Bus Services
	Toilets Available
	Refreshments Available
	Terrain - 1=Easy, 2=Mainly Easy, 3=Possibly Uneven, 4= Uneven.
	Inclines - 1= Few or None, 2=Possible but Few, 3= Possible, 4= Definite
	Muddy Underfoot
▫	On Route
?	Possible
✓	Yes
x	No
(R)	Reserve Walk Leader

Walks with Other Organisations

Action Heart	Walk Mondays and Fridays - call on 01384 292233
Halesowen Ramblers	www.halrambler.pwp.blueyonder.co.uk
Stourbridge HF Rambling Club	www.shfrc.org.uk
Dudley Mind	Last Saturday of the month call 01384 442938

For more information please contact:
 Health & Wellbeing - Age UK Dudley
 3 Dudley Court North, The Waterfront, Level Street,
 Brierley Hill, DY5 1XP

telephone: 01384 343535
 email: Health&Wellbeing@ageukdudley.org.uk
www.ageukdudley.org.uk
 Twitter: @AgeUKDudley

Registered Charity No: 1084182

March 2019



Health & Wellbeing Project

Healthy Footsteps for 50 Plus














Monday Walks - Free Activity
April to June 2019 - 1.30pm start

(Please arrive 10 - 15 minutes before the walk is due to start)
 Accredited by Walking for Health



(See reverse for codes)	DATE / VENUE	 	COMMENTS	LEADERS							
	1st April - STOURBRIDGE Mary Stevens Park Healthy Town Hub, Stanley Road, DY8 2DN		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	276 125	✓	✓	1	1	?
	8th April - NETHERTON Bumble Hole, Windmill End, Netherton, DY2 9HS		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	Gravel Car Park / Road	282	✓	✓	2	2	?
	15th April - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD		2 - 3 miles	Shirley, Chris, Elaine, Mervyn	✓	256	✓	✓	2	2	?
	22nd April (Bank Holiday) - KINVER Kinver Sports & Community Association, Off Sterrymere Gardens, Kinver, DY7 6ET		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	228	☐	☐	1	2	?
	29th April - PENSNETT The Dell Stadium, Bryce Road, Pensnett, DY5 4NE		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	222 255	✓	✓	1	1	?
	6th May (Bank Holiday) - OLD HAGLEY St. Johns the Baptist Church, Hall Drive, DY9 9LG		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	318	X	X	2	2	?
	13th May - STOURBRIDGE Mary Stevens Park Healthy Town Hub, Stanley Road, DY8 2DN		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	276 125	✓	✓	1	1	?
	20th May - BRIERLEY HILL - Waterfront Sainsburys Amblecote, (Withymoore) Brierley Hill, DY5 3JR Meet: Car park by playing field.		2.5 - 3 miles	Shirley, Chris, Elaine, Maureen, Mervyn	Field Car Park	287 297B	✓	✓	2	2	?
	27th May - NO WALK										
	3rd June - STOURBRIDGE Mary Stevens Park Healthy Town Hub, Stanley Road, DY8 2DN		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	276 125	✓	✓	1	1	?
	10th June - KIDDERMINSTER Old House at Home, 26 Birmingham Road, Blakedown, DY10 3JE		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	multi	✓	✓	4	4	✓
	17th June - WORDSLEY King George V Park, Lawnswood Road, DY8 5BS		2 - 3 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	226	x	x	2	2	✓
	24th June - KIDDERMINSTER Broadwaters Park, Broadwaters Drive, Kidderminster, DY10 2RY		2 - 3 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	7 125 580	✓	✓	1	1	✓



Tuesday Walks - Free Activity
April to June 2019 - 1.30pm start.

(Please arrive 10 - 15 minutes before the walk is due to start)
 Accredited by Walking for Health



(See reverse for codes) DATE / VENUE Shorter walks of 30 minutes available  	COMMENTS	LEADERS	P						
2nd April - LEASOWES Leasowes Car Park, Leasowes Lane, Mucklow Hill, Halesowen, B62 8DH	2 miles	Margaret Kath	✓	19 202 231	X	X	2	2	?
16th April - WORDSLEY Red House Cone, High Street, Stourbridge, DY8 4AZ	2 miles	Kath Margaret	✓	16	✓	✓	2	1	?
30th April - NETHERTON Saltwells Local Nature Reserve (Carpark), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX	2 - 3 miles	Kath Margaret	✓	217 238 7	✓	✓	2	2	?
14th May - KINVER Kinver Sports & Community Association, Off Sterrymere Gardens, Kinver, DY7 6ET	2 miles	Margaret Kath	✓	228	☐	☐	1	2	?
28th May - CRADLEY HEATH Corngreaves Hall, Corngreaves Road, Cradley Heath, B64 7NL	2 miles	Margaret Kath	✓	217 240 18	✓	x	2	2	?
11th June - SEDGLEY Baggeridge Country Park, Gospel End, Sedgley, DY3 4HB	2.5 miles	Margaret Kath	£3.00 All day	X	✓	✓	2	2	?
25th June - PENSNETT The Dell Stadium, Bryce Road, Pensnett, DY5 4NE	2.5 miles	Kath Margaret	✓	2 15	✓	✓	1	1	?



(See reverse for codes)	DATE / VENUE	COMMENTS	LEADERS							
	3rd April - CRADLEY LIBRARY Colley Lane, Cradley, B63 2TL PARKING: Cradley Sports and Social Club, Colley Lane Entrance, Halesowen, B63 2TN - please park furthest from building MEET near reception	45 mins - 1 hr walk / 30 min chat (library)	Shirley, Maureen	✓	14 18	✓	✓	1	1	?
	1st May - WORDSLEY LIBRARY Wordsley Green, Wordsley, Stourbridge, DY8 5PD MEET near reception	45 mins - 1 hr walk / 30 min chat (library)	Shirley, Maureen	✓	226 16	✓	✓	1	1	?
	5th June - KINGSWINFORD LIBRARY Market Street, Kingswinford, DY6 9LG MEET near reception	45 mins - 1 hr Walk / 30 min Chat (library)	Shirley, Maureen	✓	16 17	✓	✓	1	1	?

Fun, Friendly and Informal - "Walk and Talk Book Club". Refreshments served at the local library after the walk .

General Notes

As a client of Age UK Dudley's Health & Wellbeing Project - please help us run smoothly:










- * Please remember to bring appropriate **medication on all walks**
- * **Carry** your participation card on appropriate activities (our version of the Next of Kin Card)
- * **ALWAYS** sign in with the Walk Leader
- * **Update** any information when appropriate e.g. telephone number, address, medical / physical ailments
- * All you need is appropriate **clothing/footwear** and a **drink**.
- * Please ensure **dogs** are kept under control and do not get under walkers' feet and please dispose of dog waste appropriately.
- * Do feel free to bring binoculars and cameras to any of our walks - please be considerate of peoples privacy.

Please remember - If you have booked on to a walk please cancel if you are unable to attend ... it may be limited places, someone else may be losing out.

Keep in mind that if you arrive on a 'book your place' walk that you are not booked on to - we will have to turn you away, as many of the Walks with a Difference walks are pre-planned with limited places.



(See reverse for codes) DATE / VENUE	COMMENTS	LEADERS							
<p>Wednesday 10th April - 10.30am start - Local Industry History</p> <p>Rerun - with new members in mind, though you are more than welcome to come along if you have attended before.</p> <p>A guided walk around the Stourbridge and Wordsley area to discover a little of history behind the industry in each area.</p> <p>MEET: Bonded Warehouse, Canal Street, Stourbridge, DY8 4LU</p>	<p>2 miles</p> <p>2 - 3 hours</p> <p>£3</p> <p>BOOK YOUR PLACE NOW</p>	<p>Roy Tranter</p>	<p>✓</p>	<p>16 17</p>	<p>✓</p>	<p>✓</p>	<p>1</p>	<p>1</p>	<p>?</p>
<p>Thursday 2nd May - 11.00am start - Saltwells Spectacular Bluebell Walk</p> <p>A chance to come and see the famous Bluebell woods at Saltwells and learn more about this very English beauty and how it is cared for.</p> <p>Don't forget to bring your camera!!!</p> <p>MEET: Saltwells Local Nature Reserve (Carpark), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX</p>	<p>2 miles</p> <p>2 hours</p> <p>£3</p> <p>BOOK YOUR PLACE NOW</p>	<p>Alan Preece (Warden)</p>	<p>✓</p>	<p>217 238 7</p>	<p>✓</p>	<p>✓</p>	<p>2</p>	<p>2</p>	<p>?</p>
<p>Thursday 6th June - 11.00am start - Forest School</p> <p>Kids should not have all the fun! Come along to Saltwells to a Forest School session designed just for you.</p> <p>There will be fire and fun activities that will make the grandkids jealous!</p> <p>MEET: Saltwells Local Nature Reserve (Carpark), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX</p>	<p>2 miles</p> <p>2 hours</p> <p>£3</p> <p>BOOK YOUR PLACE NOW</p>	<p>Alan Preece (Warden)</p>	<p>✓</p>	<p>217 238 7</p>	<p>✓</p>	<p>✓</p>	<p>2</p>	<p>2</p>	<p>?</p>
<p>Thursday 27th June - 10.30am start - Picture Safari</p> <p>Join the Health and Wellbeing Team on a fun and friendly treasure hunt with a twist.</p> <p>Find disguised images and answer questions being extra vigilant along the way ... no cheating! Back at the pub join us for a drink to discover the answers. The winning team receives a small token prize. (This pub does meals if you fancy treating yourself)</p> <p>MEET: The Old Courthouse, 55 High Street, Kingswinford, DY6 8AX</p>	<p>2 - 3 miles</p> <p>Roughly 3 hours</p> <p>£5</p> <p>BOOK YOUR PLACE NOW</p>	<p>Sam Mullett</p>	<p>✓</p>	<p>5</p>	<p>✓</p>	<p>✓</p>	<p>2</p>	<p>2</p>	<p>X</p>

 Longer Walks - Thursday - Donations April to June 2019 - 10.30pm start.		(Please arrive 10 - 15 minutes before the walk is due to start)									
(See reverse for codes)	DATE / VENUE	COMMENTS	LEADERS								
	23rd May - CLENT Nimmings Wood Car Park, Off Hagley Wood Lane, Stourbridge, DY9 9JR	3-5 miles	Dave, Sam	£3 No time limit	X	✓	✓	4	4	✓	
	27th June - HAGLEY Webbs Garden Centre, West Hagley, Kidderminster Road South, West Hagley, Stourbridge, DY9 0JB	3-5 miles	Dave, Sam	✓	192	✓	✓	3	3	?	

New Community Groups

Anything Goes

Brierley Hop House, Merry Hill, DY5 1XD

Join us for a chat, board games, knitting or whatever takes your fancy. Every Tuesday at 2pm. £3 for tea and cake. Car parking fees refunded at the bar.
Contact Carol (07756 473283) or Kath (01384 422684) for more information.

Crown Green Bowling

The Woodman Pub, Saltwells Road, Dudley Wood, DY2 0BP

Starts again 11th April - 1pm to 3pm - then every second Thursday until September. All welcome.
Contact Maggie Brookes on 01384 343535 for more information.



The Feel Good Choir

DY1 Community Building, Stafford Street, Dudley, DY1 1RT










Every Wednesday - 6.15pm to 8pm. No auditions. Everyone welcome. £4 per session.
Contact Jan Wood on 01384 292059 / 07580 398284 for more information



Ballroom and Sequence Dancing

Interested in dancing, but have no partner! A group for individual dancers, enabling you to connect with like minded people so you can attend that dance event you would love to join.

Contact Pat on 07368 461170 for more information

 Evening Walks - Free Activity April to June 2019 - 6.30pm start.		(Please arrive 10 - 15 minutes before the walk is due to start)									
(See reverse for codes)	DATE / VENUE	COMMENTS	LEADERS								
	Wednesday 22nd May - KIDDERMINSTER Hurcott Pools, Hurcott Lane, DY10 3PJ	1 - 2 miles	Shirley, Elaine, Maureen, Mervyn	✓	X	X	X	2	2	✓	