

	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	Walks on Mondays and Fridays - contact Paul Davies-Hale 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 simon.bennett@dudleymind.org.uk

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

December 2018



Health & Wellbeing Project

Healthy Footsteps for 50 Plus



Monday Walks - Free Activity
January to March 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							
	7th January - STOURBRIDGE Mary Stevens Park Healthy Town Hub, Stanley Road, DY8 2DN		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	276 125	✓	✓	1	1	?
	14th January - KINGSWINFORM Ashwood Nurseries, Ashwood Lower Lane, Ashwood, Kingswinford, DY6 0AE		2 - 3 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	X	✓	✓	1	1	?
	21st January - NETHERTON Saltwells Local Nature Reserve (Carpark), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX		2 - 3 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	217 238 276	✓	✓	2	2	?
	28th January - BRIERLEY HILL - Lake Sainsburys Amblecote, (Withymoore) Brierley Hill, DY5 3JR		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	Field Car Park	287 297B	✓	✓	2	2	?
	4th February - STOURBRIDGE Mary Stevens Park Healthy Town Hub, Stanley Road, DY8 2DN		1 - 2 miles	Maureen, Mervyn A.N.OTHER x 2	✓	276 125	✓	✓	1	1	?
	11th February - STOURBRIDGE Crabmill, Hagley Road, Oldswinford, DY8 2JP Meet: Carpark opposite Crabmill Pub entrance on Swinford Road.		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	298 299 886	✓	✓	1	1	?
	18th February - STOURBRIDGE The Bonded Warehouse, Canal Street, Stourbridge, DY8 4LU		1- 2 miles	Maureen, Mervyn A.N.OTHER x2	✓	256 257	✓	✓	1	1	✓
	25th February - KINVER The Manor House of Whittington Inn, Caunsall, Kinver, DY7 6NY (was The Whittington)		2 - 3 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	X	✓	✓	2	2	?
	4th March - STOURBRIDGE Mary Stevens Park Healthy Town Hub, Stanley Road, DY8 2DN		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	276 125	✓	✓	1	1	?
	11th March - PENSNETT The Dell Stadium, Bryce Road, Pensnett, DY5 4NE		1 - 2 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	222 255	✓	✓	1	1	?
	18th March - WORDSLEY King George V Park, Lawnswood Road, DY8 5BS		2 - 3 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	226	x	x	2	2	✓
	25th March - 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
January to March 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	Bus	People	Coffee	Map	Up	Down
1st January - NETHERTON Saltwells Local Nature Reserve (Carpark), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX	2 miles	Kath, Margaret	✓	217 238 276	✓	✓	2	2	?
15th January - PENSNETT The Dell Stadium, Bryce Road, Pensnett, DY5 4NE	1 - 2 miles	Kath, Margaret	✓	222 255	✓	✓	1	1	?
5th February - BRIERLEY HILL Meet: Tenth Lock Pub, 154 Delph Rd, Brierley Hill, Dudley, DY5 2TY Parking: side roads	1 - 2 miles	Kath, Margaret	Side roads	287	✓	✓	3	4	?
19th February - WOMBOURNE Waggon & Horses, Bridgnorth Road, Wombourne, Wolverhampton, WV5 0AQ	1-2 miles	Margaret, Kath	✓	255	✓	✓	1	2	?
5th March - NETHERTON Bumble Hole, Windmill End, Netherton, DY2 9HS	1 - 2 miles	Margaret, Kath	Gravel Car Park	282	✓	✓	2	2	?
19th March - KINGSWINFORD Hinksford Arms, Swindon Road, Swindon, Kingswinford, DY6 0BA	1-2 miles	Kath, Margaret	✓	255	✓	✓	1	1	?

Wednesday - Books on the Move
January to March 2019 - 10.00am start.

In partnership with **BETTER** (Please arrive 10 - 15 minutes before the walk is due to start)
the feel good place

(See reverse for codes) DATE / VENUE BOOK YOUR PLACE NOW!	COMMENTS	LEADERS	P	Bus	People	Coffee	Map	Up	Down
2nd January - KINGSWINFORD LIBRARY Market Street, Kingswinford, DY6 9LG	45 mins - 1 hr Walk / 30 min Chat (library)	Shirley, Maureen, Cara (Dudley Libraries)	✓	256 257	✓	✓	1	1	?
6th February - NETHERTON LIBRARY The Savoy Centre, Northfield Road, Dudley, DY2 9ES MEET near reception	45 mins - 1 hr Walk / 30 min Chat (library)	Shirley, Maureen, Cara (Dudley Libraries)	✓	Multi	✓	✓	2	2	?
6th March - STOURBRIDGE LIBRARY Crown Centre, Stourbridge, DY8 1YE MEET near reception	45 mins - 1 hr Walk / 30 min Chat (library)	Shirley, Maureen, Cara (Dudley Libraries)	✓	Multi	✓	✓	1	1	?

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



**Walks with a Difference - Charges Apply
January to March 2019**

(Please arrive 10 - 15 minutes before the walk is due to start)



(See reverse for codes) DATE / VENUE	COMMENTS	LEADERS							
<p>Thursday 7th February - 11.00am - Tree Planting</p> <p>Fancy planting trees which will grow and make Saltwells better for the wildlife of the future? We have bought a load of young trees to go in an area we are turning into a coppice - we just need a mob to make it happen - will you be part of the team to help? Tools and trees provided, though please bring suitable gardening type clothes and wellies or strong boots.</p> <p>MEET: Saltwells Local Nature Reserve, off Coppice Lane, Quarry Bank, Dudley, DY5 1AX</p>	<p>approx 2 miles 2hrs</p> <p>FREE</p> <p>Please book</p>	<p>Alan Preece (Warden)</p>	<p>✓</p>	<p>217 238 276</p>	<p>✓</p>	<p>✓</p>	<p>2</p>	<p>3</p>	<p>?</p>
<p>Wednesday 27th February - 10.30am - Anchor Maker & Boiler Makers</p> <p>During this history walk we will remember the forgotten railways of Bumble Hole and hear stories of unusual characters of yesteryear from local areas. Roy injects a little fun as we learn of the many industries and how things have changed over the years.</p> <p>PARK: Windmill End, Netherton, DY2 9HS MEET: Bumble Hole Visitor Centre, Windmill End, Netherton, Dudley, DY2 9HS</p>	<p>2-3 miles 2 - 3 hours</p> <p>£3</p> <p>Please book</p>	<p>Roy Tranter</p>	<p>Gravel Car Park</p>	<p>282</p>	<p>✓</p>	<p>✓</p>	<p>2</p>	<p>2</p>	<p>?</p>
<p>Thursday 14th March - 10.00am - Poetry Walk</p> <p>Whether you can write or cant write, join us on a short walk through Sedgley and The Beacon to explore fun and creative ideas and inspiration to create you very own poem.</p> <p>PARK: Local street or Pay and Display car park (next right after Hub. Off Townsend Road.</p> <p>MEET: Age UK Dudley, Sedgley Hub and Café, 6 Ettymore Road, Sedgley, DY3 3SG</p>	<p>approx 2 miles 2 hours</p> <p>£5 Includes drink</p> <p>Please book</p>	<p>Maggie Brookes</p>	<p>✓</p>	<p>Many</p>	<p>✓</p>	<p>✓</p>	<p>3</p>	<p>3</p>	<p>?</p>



New this quarter



These walks are designed for people who would like to walk that little bit further,
If the interest is there on March's walk we will continue the walks once a month.

Longer Walks - Thursday - Donations January to March 2019 - 10.30pm start.		(Please arrive 10 - 15 minutes before the walk is due to start)								
(See reverse for codes)	DATE / VENUE	COMMENTS	LEADERS							
21st March - KINVER Kinver Sports & Community Centre, Off Sterrymere Gardens, DY7 6ET Please let us know and register your interest.		3.5 - 4 miles Donations	Dave Sam	✓	228	X	X	3	3	✓

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)
- * To **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.
- * 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.

Saturday Walks - Free Activity January to March 2019 - 1.30pm start.		(Please arrive 10 - 15 minutes before the walk is due to start)								
(See reverse for codes)	DATE / VENUE	COMMENTS	LEADERS							
16th March - STOURBRIDGE Norton, Sandy Lane, Roman Road at junction of Sugar Loaf Lane /Greyhound Lane/The Broadway near DY7 6PP		3 - 4 miles	Shirley, Chris, Elaine, Maureen, Mervyn	✓	226	X	X	3	4	✓

New Community Groups

New Zumba Gold, Age UK Dudley Community Café, Ettymore Road, Sedgley, DY3 3SG - Mondays - 10.00am to 10.45am
Low impact modified dance fitness. Small class suitable for nervous beginners and returners to exercise. £3.50.
Contact Age UK Dudley Community Café to book your place - 01902 883847

Chatty Café @ Coffee Calling, 57 High Street, Halesowen, B63 3BG - Tuesdays - 10.00am to 12.00pm
Drop in when you can, leave when you need to. If you don't drink coffee, that's ok, there's a good selection of teas available too.
Contact: Lindsey or Paul - 0121 725 0992

Fibromyalgia Support Group, Age UK Dudley Community Café, Ettymore Road, Sedgley, DY3 3SG - 1st & 3rd Tuesday
10.30am to 12.30pm
Starting 15th January 2019
Contact: Maggie Brookes - 07757 304 480 - maggie.brookes@ageukdudley.org.uk

Craft and Chat, Cradley Library, Colley Lane, B63 2TL - First Thursday of the month - 10.30am to 12.30pm
Contact Barbara Meredith - 01384 636533

Pics Photography Group, St James House, Trinity Road, DY1 1JB - Monday and Wednesdays - 9.30am to 12.30pm
Contact Robert Couldrey - 01384 894672 - thepics2014@gmail.com

Dominoes and Darts Club, Pensnett Community Centre, DY5 4JQ - Mondays - 12.30pm to 2.30pm
Come along for a game of dominoes and darts. Refreshments. £2 per week.
Contact Elaine Blakeway - 01384 79521

Knit and Natter, Brierley Hop House, DY5 1XD - Tuesdays - 2pm to 3pm
Chat, coffee and cake
Contact Sue Buckingham - 07757 304 480

Knit and Natter, Age UK Dudley Community Café, Ettymore Road, Sedgley, DY3 3SG - Tuesdays
Contact Age UK Dudley, Community Café - 01902 883847

Coffee Morning, Jack Newell Court, Jevon Street, Coseley, WV14 9LW - Wednesdays - 10.30am to 12.00pm
Contact Elaine - 01384 816998