








	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

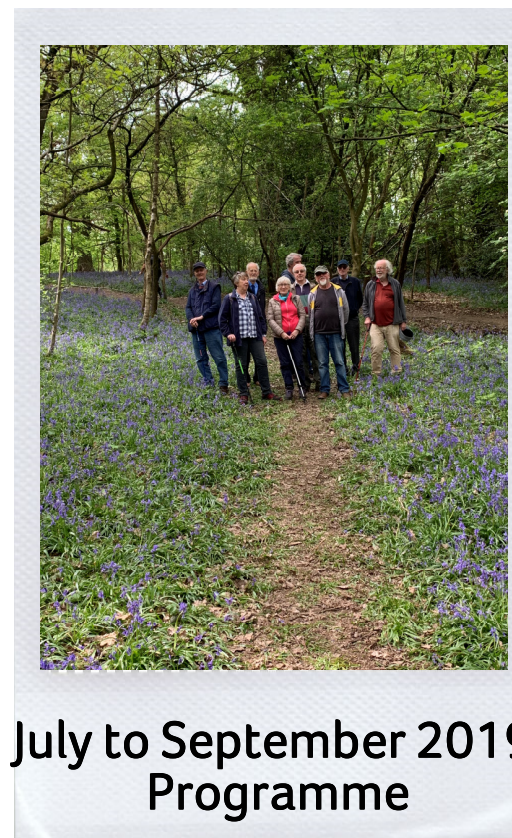
Registered Charity No: 1084182

June 2019



Health & Wellbeing Project

Healthy Footsteps for 50 Plus



July to September 2019
 Programme



(See reverse for codes) DATE / VENUE Shorter walks of 30 minutes available		COMMENTS	LEADERS	P	Bus	Wheelchair	Coffee	Refreshments	Stairs	Hill	Water
9th July - HIGHGATE COMMON The Pool Car Park on Camp Hill Road, Swindon, Dudley, (nearest postcode) DY3 4QE Double entranced car park near Mere Lane.		2-3 miles	Margaret Kath	✓	X	X	X	2	2	?	
23rd July - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD		2 - 3 miles	Kath Margaret	✓	16	✓	✓	2	2	?	
6th August - BOBBINGTON Halfpenny Green Vineyard, Upper Whittimere Farm, Tom Lane, Bobbington, DY7 5EP		2.5 miles	Margaret Kath	✓	X	✓	✓	2	2	?	
20th August - PENSNETT The Forge, Chase Road, Pensnett, Dudley, DY5 4TS		2 miles	Kath Margaret	✓	17 282	✓	✓	2	2	?	
3rd September - HIMLEY Himley (Old) Station, Himley Lane, Himley, DY3 4LN (car park - turn by bridge)		1 - 2 miles	Margaret Kath	✓	X	X	X	2	2	?	
17th September - BRIERLEY HILL The Waterfront Inn (Wetherspoons), The Waterfront, Level Street, Brierley Hill, DY5 1XE Parking: Car park back of Waterfront on Waterfront Way - approx postcode: DY5 1TE (unlimited time). Walk towards buildings, through archway, down steps, towards canal, turn left towards Wetherspoons Parking on the Waterfront itself is strictly 3 hrs only.		2.5 miles	Kath Margaret	✓	Multi	✓	✓	1	1	X	



Clent



Bumblehole



Saltwells

Longer Walks - Thursday - Donations July to September 2019 - 10.30pm start.		(Please arrive 10 - 15 minutes before the walk is due to start)								
(See reverse for codes)	DATE / VENUE	COMMENTS	LEADERS	P	Car	People	Cup	Arrow	Arrow	W
11th July - HAGLEY Webbs Garden Centre, West Hagley, Kidderminster Road South, West Hagley, Stourbridge, DY9 0JB Please book	3-5 miles	Dave Sam	✓	192	✓	✓	3	3	?	
12th September - KINVER - via Kingsford Country Park Kinver Sports & Community Association, Off Sterrymere Gardens, Kinver, DY7 6ET Please book	Roughly 4.5 miles	Dave Sam	✓	228	✓	✓	4	4	?	



Could you help?

We are looking for **volunteers!**

Walk Leaders - to support walks in Dudley Borough.

Film Afternoon Support - to run our film afternoon at our Sedgley Community Cafe.

Contact Health & Wellbeing - 01384 343535 - Health&Wellbeing@ageukdudley.org.uk

Small Tasks - general DIY around the Dudley Borough.

Contact Small Tasks - 01384 267002 - smalltasks@ageukdudley.org.uk

Befriender - various locations in the Dudley Borough.

Contact Good Neighbour - 01384 354512 - goodneighbour@ageukdudley.org.uk

Alternatively contact our Volunteer Development Manager
Rene Evans - 01384 356150 - volunteer@ageukdudley.org.uk



(See reverse for codes) DATE / VENUE	COMMENTS	LEADERS							
<p>Thursday 5th September - 11.00am start - Forest Skill</p> <p>Join the wardens for a morning of green woodworking, bush craft and forest school activities. As ever please come dressed prepared for the weather and stomping about in the woods!</p> <p>MEET: Saltwells Local Nature Reserve (Carpark), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX</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>

Couldn't have asked for more. Such friendly people & nothing was too much trouble.

It was fantastic, very professional and very enjoyable.



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.