Health Walks Programme
1st September 2012 – 31st December 2012

Tel: 0121 366 0966
**Mondays**

**WARLEY WOODS**  
MONDAYS (EXCEPT BANK HOLIDAYS) & WEDNESDAYS 10.00AM  
Assisted by Trained fitness professional. Children welcome with adults.  
£1.50 charge. 3 Miles  
Contact: **Debbie Clay 0121 420 4554**  
Warley Health and Fitness Centre, 273 Abbey Road, Smethwick B67 5LN

**LANGLEY PARK AND SURROUNDING AREAS**  
MONDAYS 10.00 AM  
Walks around local canals including Titford Pools and Galton Valley.  
4 Miles  
Contact: **Gill Scarrow 07983 882 785**  
Langley Park, Langley High Street, B69 4SL

**WEST SMETHWICK PARK**  
MONDAYS 11.00 AM AND WEDNESDAYS 10.00 AM  
A great chance to walk around this lovely local park  
2.5 Miles  
Contact: **Iffat Mughal 0121 612 1535**  
West Smethwick Park, Main Entrance, Holly Lane, Smethwick, B67 7LJ

**NEPTUNE HEALTH PARK**  
MONDAYS AND WEDNESDAYS 10.30 AM  
Walks around the canals and Victoria Park, Tipton  
3 Miles,  
Contact: **Valerie South or Sylvia Bent via Andrew Wood 0800 011 4656**  
Neptune Health Park, Sedgley Road West, Tipton DY4 8AA

**RED HOUSE PARK**  
MONDAYS (EXCEPT BANK HOLIDAYS) 10.30 AM  
A choice of short, gentle walks or faster 5 mile walks.  
Children welcome in holidays if with adults  
Contact: **John Scott 0121 357 1079**  
Football changing rooms near entrance off Newton Road / Pages Lane junction, Great Barr, B43 6LL

**BRITANNIA PARK**  
MONDAYS (EXCEPT BANK HOLIDAYS) 11.00 AM  
Learners welcome, good paths,  
2.5 Miles  
Contact: **Martin MacNally 0121 559 6111**  
Central Methodist Church, High Street, Blackheath, B65 0EH
**Mondays**

**CENTRAL WEST BROMWICH** MONDAYS (EXCEPT BANK HOLIDAYS) 11.00 AM
A convenient walk, with coffee and a chat afterwards
2 Miles
**Contact Nigel Self 0121 612 3396**
West Bromwich Library, High Street, West Bromwich, B70 8DZ

**DARTMOUTH PARK** MONDAYS (EXCEPT BANK HOLIDAYS) 2.00 PM
Come and see this beautiful park and the changes taking place.
2 Miles
**Contact: Carol Hartill 0121 588 4747**
Dartmouth Park Main Entrance, Reform Street, West Bromwich B71 4AS

**Tuesdays**

**BARNFORD PARK** TUESDAYS 10.00 AM
A walk from the Irish Centre. All welcome.
2 Miles
**Contact: Chris Flood 0121 533 9734**
Sandwell Irish Community Centre, 19a Langley High Street, Oldbury B69 4SN

**PAUL AND BARNY’S PLACE** TUESDAYS 10.15 AM
A walk around Warley Woods, with a cup of tea and a chat afterwards.
2 miles
**Contact: John Sullivan: 0121 421 6487**
Paul and Barny’s Place, 151 Castle Road West, Oldbury, B68 0EL

**LION FARM** TUESDAYS 10.30 AM
Walks in and around Lion Farm including Titford Canal and Pools.
2 Miles
**Contact: John Price 0121 544 6665**
Harry Price House, Hartlebury Road, Lion Farm Estate, Oldbury, B69 1EQ

**DARTMOUTH PARK** TUESDAYS AND THURSDAYS 10.30 AM
A walk for women from the Sikh community leaving from the Sikh temple.
3.2 Miles
**Contact: Jarnail Singh 0121 525 7219**
Gurdwara Guru Har Rai Sahib Ji, George Street, West Bromwich
**Tuesdays**

PRIORY WOODS LOCAL NATURE RESERVE  TUESDAYS 10:30 AM
A walk in the beautiful landscapes of Sandwell Valley.
2.5 Miles
Contact: Sandwell Park Farm 0121 553 0220
Reception, Sandwell Park Farm, Salters Lane, West Bromwich B71 4BG

VICTORIA PARK, SMETHWICK  LAST TUESDAY OF EVERY MONTH 1.00 PM
Leaving from Smethwick Library.
3 Miles
Contact: Tracey Langley 0121 558 0497
Smethwick Library, 100 High Street, Smethwick B66 1AA

**Wednesdays**

THIMBLEMILL BROOK  EVERY THIRD WEDNESDAY OF THE MONTH 10.00 AM
A walk around Thimblemill Brook and recreational ground with refreshments afterwards.
2 Miles
Contact: Julie McKirdy 0121 429 2039
Thimblemill Library, Thimblemill Road, Smethwick, B67 5RJ

TRACK START  WEDNESDAYS 10.30 AM
Walk on a track at your own pace, supported by a trained fitness instructor.
£1.15 charge. 1 - 3 Miles
Contact: Marva Green 0121 502 5534
Tipton Sports Academy, Wednesbury Oak Road, Tipton DY4 0BS

CHARLES PEARSON COURT  WEDNESDAYS (FORTNIGHTLY) 11.30 AM
A gentle walk for older adults taking place indoors at Charles Pearson Court.
< 1 Mile
Contact: Nerissa Harvey 0121 553 7737
CAP Centre, Windmill Lane, Cape Hill, Smethwick B66 3LX

YEW TREE  WEDNESDAYS 10.30 AM
A canal walk leaving from the Yew Tree Healthy Living Centre. All welcome.
2 Miles
Contact: Rita Hicken 01922 423 369
Yew Tree Healthy Living Centre, Redwood Road, Yew Tree, Walsall, WS5 4LB
**Wednesdays**

**WARRENS HALL LOCAL NATURE RESERVE** WEDNESDAYS 10.30 AM  
A walk in this beautiful nature reserve with a chance for a coffee and a chat afterwards.  
2.5 Miles  
**Contact:** Olive Whitehouse via Andrew Wood 0800 011 4656  
Dudley Road entrance, Warrens Hall, Rowley Regis, B65 8NA

**VICTORIA PARK SMETHWICK 1** WEDNESDAYS 11.30 AM  
A walk for older Asian women.  
2.5 Miles  
**Contact:** Shafa Begum 0121 565 3311  
North Smethwick Resource Centre, Cambridge Road, Smethwick B66 2HR

**VICTORIA PARK SMETHWICK 2** WEDNESDAYS 1.00 PM  
A walk for unpaid carers.  
2 Miles  
**Contact:** Jill Alldridge 0121 558 7003  
Carers Centre, 2 Bearwood Road, Smethwick B66 4HH  
Or Sid Virk 0121 565 2788  
Community Wellbeing Team, 215 High Street, Smethwick B66 4PH

**TODDLE IN GALTON VALLEY, SURE START** WEDNESDAYS 1.00 PM  
Assisted by Sure Start staff.  
1.5 Miles  
**Contact:** Tahira Kauser 0121 555 4870  
Galton Valley Sure Start Children’s Centre, Great Arthur Street, Smethwick B66 1DH

**Thurssdays**

**HILL TOP AND HATELEY HEATH** THURSDAYS 10:00 AM  
A variety of routes around Hateley Heath and Hill Top.  
2 Miles  
**Contact:** Joselyn Latunj via Andrew Wood 0800 011 4656  
Hill Top Community Centre, West Bromwich B70 0RZ

**WARLEY WOODS** THURSDAYS 10.00 AM  
A gentle walk in beautiful surroundings.  
1.8 Miles  
**Contact:** John Talbot 0121 420 1645  
Golf Pavilion, Lightwoods Hill Entrance, Warley Woods, Smethwick B67 5ED
**YEMENI COMMUNITY ASSOCIATION**  FIRST THURSDAY OF EACH MONTH 10.10 AM
A walk for women from the Yemeni community.
1.5 Miles
Contact: Saba Al-Muflahi 0121 525 3909
YCA, Greets Green Access Centre, Tildasley Street, West Bromwich B70 9SJ

**SANDWELL PARK FARM AND SOT’S HOLE**  THURSDAYS 10:30 AM
Another walk in the beautiful Sandwell Valley.
2 Miles
Contact: Sandwell Park Farm 0121 553 0220
Sandwell Park Farm, Salters Lane, West Bromwich, B71 4BG

**SANDWELL IRISH SOCIETY**  THURSDAYS 12:00 noon
A walk for people from the Irish Society, with all others welcome..
1 - 2 miles,
Contact Siobhan Gorman  0777 391 7073 / 0121 553 4402
Meet at Sandwell Irish Society, 312 High Street, West Bromwich, B70 8EN  at 12:00 noon, or at Sandwell Valley Café area  at 12:30

**HEALTH WALK FROM YMCA**  THURSDAYS 1.00 PM
Walks from the YMCA, open to all.
2.5 Miles Currently **£2.50** charge for use of minibus plus tea and fruit or £1.50 drink and fruit only.
Contact: Assad Tai or Joy Chatwin 0121 524 1950
YMCA, 38 Carters Green, West Bromwich B70 9LG

**Fridays**

**METRO LINE**  FRIDAYS 10.00 AM
A gentle walk along the Metro Line.
2 Miles
Contact: Nerissa Harvey 0121 553 7737
YMCA, 38 Carters Green, West Bromwich, B70 9LG

**SHEEPWASH LOCAL NATURE RESERVE**  FRIDAYS 10.30 AM
Walk in this beautiful nature reserve.
3 Miles
Contact: Mike Whale 0121 588 6068 or Terry Baker 01922 620 785
Great Bridge Library, Sheepwash Lane, Great Bridge, Tipton DY4 7JF
**Fridays**

**RSPB SANDWELL VALLEY**  **FRIDAYS 10.30 AM**  
A walk from the visitor’s centre around some of Sandwell Valley’s finest countryside.  
2.5 Miles  
**Contact:** 0121 357 7395  
RSPB Visitors Centre, 20 Tanhouse Avenue, Great Barr, B43 5AG

**VICTORIA PARK, SMETHWICK**  **FRIDAYS 10.30 AM**  
A walk for the Sikh community departing from the Guru Nanak Gurdwara.  
2 Miles  
**Contact:** Jarnail Singh 0121 525 7219  
Guru Nanak Gurdwara, 128 - 130 High Street, Smethwick B66 3AP

**HADEN HILL PARK**  **FRIDAYS 11.00 AM**  
Walk in the groups of this beautiful house. Some steep hills.  
2 Miles  
**Contact:** John Duggan 0788 293 7146  
Car park by the Bowling Green, Lee Road, Cradley Heath, B64 7JX

**WARLEY WOODS**  **FRIDAYS 2.00 PM**  
A walk for people with special educational needs, with help from a trained fitness professional,  
2 Miles  
**Contact:** Debbie Clay 0121 420 4554  
Warley Health and Fitness Centre, 273 Abbey Road, Smethwick, B67 5LN

**WARRENS HALL LOCAL NATURE RESERVE**  **FRIDAYS 2.30 PM**  
Taking in Warrens Hall, the Bumble Hole and Saltwells Nature Reserve.  
3 Miles  
**Contact:** Geoff Tranter 01384 814 100  
Visitor Centre, Bumble Hole, Windmill End, Dudley B65 8NA

**Saturdays**

**TRACK START**  **SATURDAYS 10:30 AM**  
Walk on a track at your own pace, supported by a trained fitness instructor.  
£1.15 charge. 1 - 3 Miles  
**Contact:** Marva Green 0121 502 5534  
Tipton Sports Academy, Wednesbury Oak Road, Tipton DY4 0BS
Additional info.

CHINESE COMMUNITY WALKS

Various walks in various locations
Contact: Kwai Sang Yung 07963 705520

MEAL DEAL OFFERS
Take part in the Sandwell Stride Meal Deals offers.
When you complete 20 Sandwell Stride Health Walks, and get a stamp from each walk to say you have taken part, you can take your card to a participating café and claim a free healthy meal.

Further details from Walk Leaders.

More info: 0121 366 0966

YOU SHOULD CHECK WITH YOUR DOCTOR IF YOU HAVE:

Heart Problems  Chest Pains  Dizziness  Joint Pain  Breathing Problems  Diabetes  Any other health problem

Further details available from Mytime Health: 0121 366 0966