

WALKING GROUP PROGRAMME – 2026

PLEASE COME DRESSED FOR THE WEATHER WITH STURDY FOOTWEAR

PLEASE SEE GUIDANCE FOR WALKING IN HOT WEATHER OVERLEAF

Tuesday 28th July - LYPPARDS - 9.45am for 10am start

PLEASE NOTE THAT THERE ISN'T A HEALTH WALK FROM CROOME PARK IN AUGUST

Tuesday 4th August – MEET IN THE OVERFLOW CAR PARK OF THE BEVERE CAFE & GALLERY, Bevere Lane, Worcester, WR3 7RQ – 10am for 10.15am start. The overflow car park is a field on the LHS opposite entrance to the gallery and café. Refreshments in the café afterwards if required.

Tuesday 11th August - LYPPARDS – 9.45am for 10am start

Tuesday 18th August - LYPPARDS - 9.45am for 10am start

Tuesday 25th August - LYPPARDS - 9.45am for 10am start

Tuesday 1st September – MEET IN THE CAR PARK OF ST PETERS GARDEN CENTRE, Norton, WR5 2NY – 9.45am for 10am start. Refreshments in the café afterwards if required.

Monday 7th September - CROOME PARK, WR8 9DW – Registration 10am for 10.30am start, 30, 60 or 90 minute walks, Coffee/lunch after if required.

Tuesday 8th September – LYPPARDS - 9.45am for 10am start

Tuesday 15th September – LYPPARDS - 9.45am for 10am start

NB. Tea, coffee, biscuits 50p only at Lyppard Hub (Tel: 01905 616841)

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HEALTH WALKS DURING EXTREME HOT WEATHER

Over the last few weeks we have seen extremely high temperatures. This has made us consider if walking in these hot conditions is safe for us all. In future, if a Red Heat Health Alert is issued by the UK Health Security Agency all Health Walks will be cancelled. If you want to check if this area is covered by a Red - Heat Health Alert visit www.UKHSA-dashboard-data.gov.uk. It can also be found on the Worcestershire County Council website – www.worcestershire.gov.uk – but not so easy to find on there!!

In the absence of a Red Weather Alert, we will consider each week if the temperatures are safe to walk in. If the walk does take place, the pace may be slower, the distance of the walk shorter and we will try to keep to as much shade as possible. We want all Health Walk Members to feel comfortable.

Please come suitably dressed, use sunscreen and carry water.

If a Health Walk is cancelled the usual refreshments will still be available at the Lyppard Hub from 10am so that you can come along and have a chat.