

Walking for Health Bristol (WfHB)

Open access walks and walking groups affiliated to WfHB



Walk/group name	Day	Length	Grade	Description	Contact
Avonmouth and Shirehampton	Fortnightly	45 minutes – 1.5 hours	2 3	Fortnightly walk led by health trainers around Shirehampton / Avonmouth / Kingsweston	Anna Palmer (NHS Health Trainer) 07785 977 290 Hayley Coggins: 07785 996 949
Walking in MIND (Old Market)	Weekly on Thursdays, 2pm.	1 – 1.5 hours	3	Volunteer walk leaders supported by BALP and WfHB. Membership is by referral or self-referral. The group is aimed at people with mild – moderate mental health issues. (Specific membership group)	Rebecca Martin: 07725884587 Rebecca Muncey: rebekaroks@gmail.com www.bristol.gov.uk/balp
Bedminster and Southville	Weekly walks on various days	1-4 hour walks including break and travel	2 3 4	Volunteer led group with some support from Southville Centre. £10 annual membership. Waiting list for membership (open group)	The Southville Centre, Beaufey Road Tel: 0117 923 1039
Bigger Women Stroll (Fishponds)	Tuesday Evening (summer) and Saturday (winter) Walks	30 minutes - 1 hour	2	Meet in Car Park of Oldbury Court (Vassals) for an evening or Saturday walk. (Specific membership group)	Cheryl Martin (Bristol City Council) Tel: 0117 3521267 / 07827306223 Walk leader: Stella Dowsett stelladowsett@tiscali.co.uk
Brislington	Fortnightly walks on varying days	30 minutes – 2 hours	2 3 4	Walks start and finish in Brislington, the city centre or nearby sometimes using a public bus to reach a walk destination (open group)	Nicola Ferris Bristol City Council (BCC) Tel: 0117 352 1283 Mobile: 07810 506 738
Easton and St. Paul's	Weekly walks on various days	1-4 hours including break/travel	2 3 4	Led by volunteers and paid walk leaders. Meet up in Easton/St. Paul's or central Bristol (open group)	Simon Carpenter Bristol NHS, South Plaza, Malborough Street Tel: 0117 900 2193
Easton Beginners Walk: On Track	Fortnightly Tuesday lunchtime walk	20-40 minutes	1 2	Aimed at those new to walking or people recovering from illness or injury. Start and finish at Easton Community Centre. Walks led by health trainers (open group)	Morowa Sellasie, Health Trainer Easton Community Centre Mobile: 07789 943 146
Hartcliffe and Withywood Amblers	Mainly weekend walks and some Wednesdays	3-9 mile walks	2, 3, 4 Leisure walks	Monthly walks and day trips. Mainly meet in Hartcliffe/Withywood. Volunteer leaders supported by Hheag (open group)	Sue Walker Hheag, The Gatehouse Tel: 0117 946 5285
Henbury	Weekly walks on a Thursday morning	1-4 hour walks including break/travel	2 3 4	A volunteer led group with some support from BCC, Henbury & Brentry Council and Henbury School. Main meeting point is Crow Lane, Henbury (open group)	Roy Pepworth Tel: 0117 962 3768 Roger Grinham Tel: 0117 985 3972

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Hillfields	Weekly walks on varying days	1-4 hour walks with refreshments	2 3 4	Meet up in Fishponds or occasionally centrally. Led by volunteers with the support of BCC (open group)	Nicola Ferris Bristol City Council (BCC) Tel: 0117 352 1283 / 07810 506 738
Knowle West 1 Heart group	Weekly Monday morning walk (11 am)	Less than one mile 10-45 minutes	1	For beginner walkers or those recovering from illness or injury. Meet at the Walk-in Café, Knowle West Health Park, Downton Road. Volunteer leaders supported by Knowle West Health Park (open group)	Laura Hathway Volunteer Coordinator Knowle West Health Park (KWHP), Downton Road, BS4 1WH Tel: 0117 377 2255
Knowle West 2 Heart group	Thursday morning walks	1-2 mile walks 1-3 hours with break/travel	2	Meet at various places but generally in Knowle West or at the central bus station. Volunteer leaders supported by Knowle West Health Park (open group)	Laura Hathway Volunteer Coordinator KWHP, Downton Road, BS4 1WH Tel: 0117 377 2255
Knowle West 3 Heart group	Tuesday morning walks	2-3 mile walks 1-4 hours with break/travel	3	Meet at various places but generally in Knowle West or at the central bus station. Volunteer leaders supported by Knowle West Health Park (open group)	Laura Hathway Volunteer Coordinator KWHP, Downton Road, BS4 1WH Tel: 0117 377 2255
Knowle West Happy Hearts	Weekly Wednesday walks	1-4 hours with a break/travel	2 3 4	Meet around 9.30am in Knowle West. Volunteer led group with support from BCC (open group)	Karron Chaplin Tel: 0117 907 7038 / 07972 329 775 Judy Newport Tel: 0117 373 8937 / 07969 850 056
Lawrence Weston	Weekly walks on varying days	1-4 hour walks with refreshments	2 3 4	Led by volunteers with the support of The Rock Community Centre (open group)	Sue Hale The Rock Community Centre Tel: 0117 938 4636
LinkAge Group (Bedminster and Southville and over 50s)	Fortnightly Wednesday morning walks	1-3 hour walks with a break/travel time	2 3	Mainly meeting at Windmill Hill City Farm, also centrally. Led by volunteer and NHS worker. Aimed at over 50s (open group)	Jo Yarham Tel: 0117 900 2338 Mobile: 07775 404 622
Lockleaze Fitness Walks	Weekly Wednesday afternoon	30 – 40 minutes	2	Women's fitness walk. Weekly, 1.30 pm, Meet at the Cameron Centre, Cameron Walk, Lockleaze. (specific membership group)	Lockleaze NHS Health Trainers Natalie 07785970473 Debbie: 07785950920 / 9517191 nataliebailey@nhs.net debbieparsons1@nhs.net
Lockleaze and Horfield Strollers	Fortnightly walks on varying days	1 - 4 hour walks with break/travel	1 2 3 4	Meet in Horfield, Lockleaze or occasionally centrally. Volunteer and NHS/BCC staff led walks. Supported by BCC (open group)	Nicola Ferris Bristol City Council (BCC) Tel: 0117 352 1283 Mobile: 07810 506 738
Manor Woods Weekly Walk: Back on Track (Bishopsworth)	Weekly Monday Walk 10 – 11am	1 mile / 30 – 45 minute walk	1 2	A gentle walk suitable for those recovering from illness / injury or wanting to improve their fitness and mobility. Meet at Bishopsworth Library. (Open Group)	Shaun Hawkins NHS Health Trainer; Knowle West shaun.hawkins@nhs.net Mobile 07785976239 (Wednesday – Friday)

Walk/group name	Day	Length	Grade	Description	Contact
Paws in the Park (Fishponds)	Tuesday mornings	30 mins/1 mile	1 2	Weekly walk for dogs and owners	Sian Davies 3521199 / 07810506736
Somali Walking Group	No set day at present	30 minutes – 1.5 hours	2 3	Walks for the Somali Community generally meeting at the Somali Resource Centre, Barton Hill Settlement, Ducie Road. Supported by the Somali Resource Centre and Health Trainers. (Specific membership Group)	Ismail Omar, Health Trainer Wellspring Healthy Living Centre Tel: 0117 304 1436 Mob: 07789943154
Southmead One Heart Walk	Fridays, 1pm	30 minutes	1	A regular walk in Badocks Wood. Led by Health Trainers based at the Greenway Community Practise, Greystoke Avenue. (open group)	Zoe Stanbrook: 07785998926 Jasmine Saidi: 0778 994 3174
South Plaza Lunchtime Walks (City Centre)	Tuesday and Thursday	Half hour lunchtime walks	2	Meet and finish at South Plaza, Malborough Street. Led by member of South Plaza staff in a voluntary capacity. Aimed at getting South Plaza staff away from their desks but open to all (open group)	Simon Carpenter Activity Promotion Specialist NHS Bristol Tel: 0117 900 2193 (Wednesday/Thursday)
Stroll in the park (Hillfields)	Weekly Thursday walk	20 – 30 minutes	1	Meet at Hillfields Park (the Rec) at 2pm every Thursday for a beginners walk. Aimed at those recovering from illness / injury or those wanting to get fitter and progress onto brisker, longer walks.	Cheryl Martin Bristol City Council Tel: 0117 3521267 Mobile: 07827306223
Weekly Wednesday Walk (City Centre)	A weekly half hour lunchtime walk	Half hour lunchtime walk	2	12.30pm meeting point at Water Cascade Steps. Led by volunteers and BCC worker. Aimed at getting central workers away from their desks but open to anyone (open group)	Nicola Ferris Bristol City Council (BCC) Tel: 0117 352 1283 Mobile: 07810 506 738
Weekly Wednesday Stroll (City Centre)	A weekly half hour lunch time stroll	Half hour, lunchtime	1	12.15pm meeting point at Water Cascade Steps. Led by volunteers and BCC worker. Aimed at those recovering from illness / injury or those wanting to get fitter and progress onto brisker, longer walks. (open group)	Cheryl Martin Bristol City Council Tel: 0117 3521267 / 07827306223

Grade:

1 = for beginners or those recovering from illness or injury

3 = for people able to walk 2-3 miles

Leisure walks= for those able to walk 4-8 miles

2 = for people able to walk 1-2 miles

4 = for people able to walk 3-4 miles