

## Glasgow Health Walks Timetable

- Walks happen weekly and last around an hour unless otherwise stated
- Please get in touch with the contact person before attending your first walk to check details
- Everyone is welcome but if a walker needs one to one support we ask that they bring a buddy along to help them
- Please note the walks highlighted in red are at capacity, if interested in joining this walk please let us know and we will add you to the waiting list.
- For more info about health walks and our Themed Walks please visit [www.glasgowlife.org.uk/communities/good-move/walking](http://www.glasgowlife.org.uk/communities/good-move/walking)

| North Glasgow                         |  |          |           |         |  |
|---------------------------------------|--|----------|-----------|---------|--|
| WALK                                  | Meeting Point  | POSTCODE | Day       | Time    | Contact  |
| Barmulloch                            | Tron St Mary's Church, 128 Red Rd,                       | G21 4PJ  | Friday    | 11am    | <a href="mailto:lynnetsmpw@gmail.com">lynnetsmpw@gmail.com</a><br>0141 558 1011  |
| Firhill                               | The Pantry, 2 Westercommon Drive                         | G22 5PG  | Wednesday | 1.45pm  | call/text Wullie: 07855 167 405 or<br>Liz: 07815 011 617   |
| Firhill Walk & Talk                   | 45 Firhill Road at entrance to the up onto the canal     | G20 7BE  | Wednesday | 11am    | Queens Cross Housing Association<br><a href="mailto:socialregeneration@qcha.org">socialregeneration@qcha.org</a><br>Tel: 0808 143 2002             |
| Lambhill                              | lambhill Stables, 11 Canal Bank North                    | G22 6RD  | Friday    | 11am    | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br><a href="tel:0141-287-0963">Good Move Walking Team 0141-287-0963</a> |
| Maryhill                              | Glasgow Club Maryhill, Gairbraid Avenue                  | G20 8YE  | Wednesday | 1pm     | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team 0141-287-0963,                                |
| Maryhill                              | Maryhill Health Centre, Gairbraid Avenue                 | G20 8FB  | Thursday  | 1pm     | text/call Elio: 07890 312010,<br>Kalliopi 0781 5011 618 or Francine: 07815 011 631   |
| Maryhill                              | Outside Maryhill Hub, 186 Wyndford Rd, Wyndford, Glasgow | G20 8HF  | Thursday  | 11am    | <a href="mailto:kevin.miller@chss.org.uk">kevin.miller@chss.org.uk</a><br>Kevin: 07787715430   |
| Maryhill<br>(Women Only)              | Glasgow Women's Centre,<br>17-22 Shawpark Street         | G20 9DA  | Tuesday   | 1pm     | <a href="mailto:kerry@womenscentreglasgow.org.uk">kerry@womenscentreglasgow.org.uk</a><br>Tel: 0141 576 1400                                       |
| Milton                                | Milton Community Hub, Liddesdale Sq,                     | G22 7BT  | Thursday  | 11.30am | <a href="mailto:CommunityEngagement@ngcfi.org.uk">CommunityEngagement@ngcfi.org.uk</a><br>Marie McInness 07474 578644,                             |
| Springburn Park                       | At Broomfield Road entrance to Park                      | G21 3UB  | Friday    | 11am    | <a href="mailto:James.goldie@glasgowlife.org.uk">James.goldie@glasgowlife.org.uk</a>   |
| St Rollox<br><b>Closed for summer</b> | St Rollox Church, Fountainwell Road                      | G21 1TN  | Tuesday   | 1pm     | <a href="mailto:Caoimhe.Walsh@alliance-scotland.org.uk">Caoimhe.Walsh@alliance-scotland.org.uk</a><br>Tel: St Rollox Church 0141 558 1809          |
| Townhead                              | Outside the Royal Infirmary, Alexander Parade Entrance   | G4 0SF   | Wednesday | 12.30pm | call/text Sharn: 07815 011 414 or<br>Christine: 0781 5011 629  |

| South Glasgow  |  |         |           |         |  |
|--|--|---------|-----------|---------|--|
| Arden  | Outside Glenoaks Housing Association office,<br>3 Kilmuir Drive                                  | G46 8BW | Thursday  | 12noon  | <a href="mailto:erin.williams@glenoaks.org.uk">erin.williams@glenoaks.org.uk</a><br>Erin Williams: 0141 620 2732   |
| Bellahouston   | Bellahouston Sports Centre, in the café,<br>Bellahouston Drive                                   | G52 1HH | Wednesday | 1.30pm  | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,   |
| Castlemilk   | At the bus stop up from the Community<br>Centre by the lane into woodland on<br>Castlemilk Drive | G45 9UG | Tuesday   | 11am    | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,   |
| Crookston Meander for<br>Mental Health Walk          | Gatehouse to Leverndale Hospital,<br>Crookston Road  | G53 7TU | Wednesday | 11am    | <a href="mailto:meanderformentalhealthwalks@gmail.com">meanderformentalhealthwalks@gmail.com</a><br>tel: 07563519734   |
| Gorbals  | at blue suspension bridge, McNeil Street   | G5 0QN  | Thursday  | 1pm     | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team 0141-287-0963,  |
| Gorbals Social Saunter                               | Meet at Douulton Fountain, Glasgow Green   | G5      | Friday    | 10.30am | <a href="mailto:kirsty.mcdonald@alliance-scotland.org.uk">kirsty.mcdonald@alliance-scotland.org.uk</a><br>Kirsty : 0141-201-5100/ 07929343320 ,  |
| Govan  | At Isabella Elder Statue, Elder Park   | G51     | Thursday  | 11.30am | <a href="mailto:Charlene.Price@alliance-scotland.org.uk">Charlene.Price@alliance-scotland.org.uk</a><br>tel: 07545425605   |
| Ibrox  | outside Ibrox Library, Midlock Street  | G51 1SL | Thursday  | 11.30am | <a href="mailto:Kamila.Lewczynska@alliance-scotland.org.uk">Kamila.Lewczynska@alliance-scotland.org.uk</a> or<br><a href="mailto:Dobrochna.Olszewska@alliance-scotland.org.uk">Dobrochna.Olszewska@alliance-scotland.org.uk</a><br>Tel: Kamila - 07485377760 |
| Kings Park   | Entrance to Kings Park on the corner of<br>Croftpark Avenue and Thorncroft Drive                 | G44     | Tuesday   | 10.30am | <a href="mailto:Kayleigh.stockley@alliance-scotland.org.uk">Kayleigh.stockley@alliance-scotland.org.uk</a><br>Kayleigh: 7973722620   |
| Pollok Health Centre                                 | Meet at entrance to Pollok Civic Realm,<br>Cowglen Rd,   | G53 6EW | Wednesday | 11am    | <a href="mailto:alex.scroggie@alliance-scotland.org.uk">alex.scroggie@alliance-scotland.org.uk</a><br>Alex Scroggie: 07485 377753  |
| Pollok Park  | Pollokshaws Library, Shawbridge Street   | G43 1RW | Wednesday | 10am    | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,   |
| Pollokshaws  | Pollokshaws Medical Centre, Well Green   | G43 1RR | Tuesday   | 3pm     | call/text Ollie 07815 011 615  |
| Pollokshaws Burgh Halls<br>(Brisk Walk)              | Pollokshaws Road   | G43 1NE | Monday    | 10am    | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,   |
| Queens Park  | Finn's Place, 167 Ledard road  | G42 9QU | Monday    | 11am    | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,   |
| Queens Park<br>(for people with sight<br>impairment) | Queens Park Railway Station, on Victoria<br>Road side  | G42 8PQ | Monday    | 11am    | <a href="mailto:Conor.Joseph@rnib.org.uk">Conor.Joseph@rnib.org.uk</a><br>Connor Joseph: 07871 736351  |
| Toryglen   | Toryglen Medical Centre, 20 Glenmore Ave   | G42 0EH | Thursday  | 3pm     | call/text Ollie 07815 011 615  |

| East  |   |         |                               |           |  |
|---|---|---------|-------------------------------|-----------|--|
| Alexandra Park  | Alexandra Park Sports Hub, in park off Sannox Street        | G31 3JE | Friday 9.30am<br>Tuesday 11am |           | <a href="mailto:mhasportshub@milnbank.org.uk">mhasportshub@milnbank.org.uk</a><br>0141 551 8065 or 07341 562424                          |
| Balarnark   | Barlanark Community Centre,<br>Burnmouth Road               | G33 4RZ | Tuesday                       | 11am      | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,                     |
| Baillieston   | Meet at Route 50 (formerly known as Kaldis) Edinburgh Road, | G69 6DN | Thursday                      | 11am      | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,                     |
| Bridgeton   | Bridgeton Health Centre, 201 abercromby street              | G40 2DA | Friday                        | 11am      | <a href="mailto:liam.mccusker@wearewithyou.org.uk">liam.mccusker@wearewithyou.org.uk</a><br>Liam McCusker 07815011630                    |
| Bridgeton/Clydeside<br>(for people with sight impairment) | Bridgeton Railway Station, Bridgeton Cross                  | G40 1BN | Last Tuesday of the Month     | 1pm – 2pm | <a href="mailto:Conor.Joseph@rnib.org.uk">Conor.Joseph@rnib.org.uk</a><br>Connor Joseph: 07871 736351                                    |
| Cartyne   | Cartyne Parish Church, Cartyne Hall Road                    | G32 6LW | Wednesday                     | 11am      | <a href="mailto:AMacdonald-Haak@churchofscotland.org.uk">AMacdonald-Haak@churchofscotland.org.uk</a>                                     |
| Craigend  | JJ's Café, Mossvale Crescent                                | G33 5NZ | Thursday                      | 1.30pm    | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,                     |
| Dalmarnock  | outside Riverbank Care home,<br>Springfield Road            |         | Thursday                      | 11am      | <a href="mailto:Yvonne.Liddell@westscot.co.uk">Yvonne.Liddell@westscot.co.uk</a><br>Yvonne: 0141 550 5652                                |
| Easterhouse   | Outside Easterhouse Health Centre,<br>9 Auchinlea Road      | G34 9HQ | Thursday                      | 12 noon   | <a href="mailto:Gayle.Weir@alliance-scotland.org.uk">Gayle.Weir@alliance-scotland.org.uk</a> Gayle Weir<br>07921898171                   |
| Parkhead  | Parkhead health Centre, Salamanca Street                    | G31 5BA | Tuesday                       | 1pm       | <a href="mailto:glasgowlinks@wearewithyou.org.uk">glasgowlinks@wearewithyou.org.uk</a><br>Joe: 07816 112 427                             |
| Ruchazie  | outside the Pantry, 435 Gartloch Road                       | G33 3TJ | Thursday                      | 10.30am   | <a href="mailto:Tracey.Pettifer@Alliance-Scotland.org.uk">Tracey.Pettifer@Alliance-Scotland.org.uk</a><br>Tracey Pettifer : 07912 289976 |
| Tollcross   | Westmuir Medical Centre, 109 crail street                   | G31 5RA | Thursday                      | 1pm       | <a href="mailto:glasgowlinks@wearewithyou.org.uk">glasgowlinks@wearewithyou.org.uk</a><br>_Terrie & Marcus: 07870 504 644                |
| Tollcross   | Children's Farm, Tollcross park,<br>Wellshot Road           |         | Wednesday &<br>Friday         | 11am      | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team: 0141-287-0963,                     |
| Wellhouse   | 39 Wellhouse Crescent, GLASGOW,                             | G33 4HG | Tuesday                       | 10am      | <a href="mailto:info@connect-ct.org.uk">info@connect-ct.org.uk</a><br>Tel: 0141 781 9918   |

| West                                    |  |         |           |             |   |
|---|--|---------|-----------|-------------|---|
| Botanics                                | Kibble Palace, Glasgow Botanic Gardens                         | G12 0UE | Friday    | 11am        | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team 0141-287-0963,       |
| Drumchapel                              | Outside the Chest, Heart & Stroke Charity Shop, 16 Dunkenny Rd | G15 8NB | Tuesday   | 11am        | <a href="mailto:kevin.miller@chss.org.uk">kevin.miller@chss.org.uk</a><br>Kevin: 07787715430                              |
| Drumchapel                              | Entrance to Drumchapel Library                                 | G15 8SX | Thursday  | 1.00pm      | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team 0141-287-0963,       |
| Hughenden                               | Meet at the lane that leads to Hillhead Sports Club            | G12 9XP | Sunday    | 2pm         | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team 0141-287-0963,       |
| Knightswood Community Centre            | Alderman Road  | G13 3DD | Monday    | 1.30pm      | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team 0141-287-0963,       |
| Scotstoun                               | Heart of Scotstoun Community Centre, 64 Balmoral Street        | G14 0BL | Wednesday | 11am        | book via<br><a href="https://www.glasgowecotrust.org.uk/health-walks">https://www.glasgowecotrust.org.uk/health-walks</a> |
| Scotstoun - health walk Plus (2-2.5hrs) | Heart of Scotstoun Community Centre, 64 Balmoral Street        | G14 0BL | Friday    | 10am - noon | book via<br><a href="https://www.glasgowecotrust.org.uk/health-walks">https://www.glasgowecotrust.org.uk/health-walks</a> |
| Victoria Park                           | Main Gates to victoria Park, Victoria Park drive north         | G14 9HU | Wednesday | 11am        | <a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a><br>Good Move Walking Team 0141-287-0963,       |