

## 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.

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> 0141 558 1011
Firhill	Dr Gaw & Esler Practice, Garscube Rd	G20 7ER	Wednesday	1.45pm	call/text Wullie: 07855 167 405 or Liz: 07815 011 617
Lambhill	lambhill Stables, 11 Canal Bank North	G22 6RD	Friday	11am	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> Good Move Walking Team 0141-287-0963
Maryhill	Glasgow Club Maryhill, Gairbraid Avenue	G20 8YE	Wednesday	1pm	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> Good Move Walking Team 0141-287-0963,
Maryhill	Maryhill Health Centre, Gairbraid Avenue	G20 8FB	Friday	2pm	text/call Elio: 07890 312010, Kalliopi 0781 5011 618 or Francine: 07815 011 631
Maryhill (Women Only) <span style="color: red;">Starting 19<sup>th</sup> April</span>	Glasgow Women's Centre, 17-22 Shawpark Street	G20 9DA	Tuesday	1pm	<a href="mailto:kerry@womenscentreglasgow.org.uk">kerry@womenscentreglasgow.org.uk</a> 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> Marie McInness 07474 578644,
Walk & Talk, Firhill	45 Firhill Road at entrance to the up onto the canal	G20 7BE	Wednesday	11am	Queens Cross Housing Association <a href="mailto:socialregeneration@qcha.org">socialregeneration@qcha.org</a> Tel: 0808 143 2002
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	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> 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 Christine: 0781 5011 629

South Glasgow					
Bellahouston	Bellahouston Sports Centre, in the café, Bellahouston Drive	G52 1HH	Wednesday	1.30pm	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> Good Move Walking Team: 0141-287-0963,
Gorbals	at blue suspension bridge, McNeil Street	G5 0QN	Thursday	1pm	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> 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> 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> 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 <a href="mailto:Dobrochna.Olszewska@alliance-scotland.org.uk">Dobrochna.Olszewska@alliance-scotland.org.uk</a> Tel: Kamila - 07485377760
Kings Park	Entrance to Kings Park on the corner of 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> Kayleigh: 7973722620
Pollok Health Centre	Meet at entrance to Pollok Civic Realm, Cowglen Rd,	G53 6EW	Wednesday	11am	<a href="mailto:alex.scroggie@alliance-scotland.org.uk">alex.scroggie@alliance-scotland.org.uk</a> 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> 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 (Brisk Walk)	Pollokshaws Road	G43 1NE	Monday	10am	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> 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> Good Move Walking Team: 0141-287-0963,
Queens Park (for people with sight impairment)	Queens Park Railway Station, on Victoria Road side	G42 8PQ	Monday	11am	<a href="mailto:Conor.Joseph@rnib.org.uk">Conor.Joseph@rnib.org.uk</a> 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 Tuesday	9.30am 11.00am	<a href="mailto:mhasportshub@milnbank.org.uk">mhasportshub@milnbank.org.uk</a> 0141 551 8065 or 07341 562424
Balarnark	Barlanark Community Centre, Burnmouth Road	G33 4RZ	Tuesday	11am	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> 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> 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> Liam McCusker 07815011630
Bridgeton/Clydeside (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> 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> Good Move Walking Team: 0141-287-0963,
Dalmarnock	outside Riverbank Care home, Springfield Road		Thursday	11am	<a href="mailto:Yvonne.Liddell@westscot.co.uk">Yvonne.Liddell@westscot.co.uk</a> Yvonne: 0141 550 5652
Easterhouse	Outside Easterhouse Health Centre, 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 07921898171
Parkhead	Parkhead health Centre, Salamanca Street	G31 5BA	Tuesday	1pm	<a href="mailto:glasgowlinks@wearewithyou.org.uk">glasgowlinks@wearewithyou.org.uk</a> 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> 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> _Terrie & Marcus: 07870 504 644
Tollcross	Children's Farm, Tollcross park, Wellshot Road		Wednesday	11am	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> 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> 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> 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> Kevin: 07787715430
Drumchapel	Entrance to Drumchapel Library	G15 8SX	Thursday	1.00pm	<a href="mailto:walking@glasgowlife.org.uk">walking@glasgowlife.org.uk</a> 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> 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> Good Move Walking Team 0141-287-0963,
Scotstoun	Heart of Scotstoun Community Centre, 64 Balmoral Street	G14 0BL	Wednesday	11am	book via <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 <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> Good Move Walking Team 0141-287-0963,