

## What are Health Walks?

Health Walks are short, gentle, friendly walks led by trained walk leaders and aimed at people who want to improve their health and wellbeing through walking. Walks are free to take part in, last no longer than an hour and open to everyone.

## Where do they take place?

Area/Group	Goes	Leaves from	Contact
West Mainland West Mainland Walkers	Second Monday of each month	Meeting point varies. Leaves 10:00 ❖	Sarah Wilkins <a href="mailto:sarahsemail2u@gmail.com">sarahsemail2u@gmail.com</a>
Stromness Stromness Health Walks	Wednesdays	Meeting point varies. Leaves 11:00 ❖	Marie Mowat <a href="mailto:mariemowat8@btinternet.com">mariemowat8@btinternet.com</a> Tel: 01856 850 773 <a href="mailto:mandgtennant@cix.co.uk">mandgtennant@cix.co.uk</a>
Kirkwall Orkney Blide Trust	Members only.	Advertised internally	Sheena Leask <a href="mailto:sheena@blidetrust.org">sheena@blidetrust.org</a> or <a href="mailto:mikehoy57@yahoo.co.uk">mikehoy57@yahoo.co.uk</a> Tel: 01856 874874
Kirkwall Balfour Healthy Walkers	Fridays	Garden Memorial Building. Balfour Hospital entrance from Health Centre car park. at 13:00 ❖	Mark Tennant <a href="mailto:mandgtennant@cix.co.uk">mandgtennant@cix.co.uk</a>
Kirkwall CLAN	Fortnightly on a Wednesday For anyone affected by cancer	30 Victoria Street at 17:15 ❖	Elsbeth Linklater or Karen Scott <a href="mailto:elsbeth.linklater@clanhouse.org">elsbeth.linklater@clanhouse.org</a> or <a href="mailto:karen.scott@clanhouse.org">karen.scott@clanhouse.org</a> Tel: 01856 873393
Kirkwall Orkney Island Council	Tuesdays	Reception area OIC Customer Services. School Place at 13:05 ❖	Phyllis Rendall <a href="mailto:phyllis.rendall@orkney.gov.uk">phyllis.rendall@orkney.gov.uk</a> Tel: 01856 873535
Kirkwall Voluntary Action Orkney Befrienders	Mondays	Voluntary Action Orkney. 6 Bridge Street at 10:30 ❖	Linsey Drever <a href="mailto:Linsey.Drever@vaorkney.org.uk">Linsey.Drever@vaorkney.org.uk</a> Tel: 01856 872897
Sanday Sanday Health Walks	Thursdays Between 1 <sup>st</sup> April and 1 <sup>st</sup> October	Meeting point varies. Leaves 14:00	<a href="mailto:ranger@sandaydevelopmenttrust.org.uk">ranger@sandaydevelopmenttrust.org.uk</a> Tel: 01857 600359 / 07593 026957

❖ Check Radio Orkney Daily Diary on the day

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For more information on the health and wellbeing benefits of walking, Orkney health walks or becoming a Volunteer Health Walk Leader and leading a walk in your local area contact: Rob McGregor. Telephone 01856 872 897  
[robert.mcgregor@vaorkney.org.uk](mailto:robert.mcgregor@vaorkney.org.uk) or go on line at [www.pathsforall.org.uk](http://www.pathsforall.org.uk)