

East Renfrewshire HEALTH WALKS



MONDAY

NEILSTON WALKING GROUP

12pm – Advanced level

Meeting place: St Thomas Church

GIFFNOCK JAUNT (longer walk)

10am – Advanced level

Meeting place: outside Lidl on Fenwick Road

GIFFNOCK JAUNT (shorter walk)

11am – Beginner level

Meeting place: outside Lidl on Fenwick Road.

Dementia Friendly Walk

SOCIABLE SENIOR SAUNTER

10am – Beginner level

Meeting place: corner of Broomburn Medical Centre, 257 Mearns Road

TUESDAY

ST JOHNS. STROLLERS

10am – Beginner and Advanced level

Meeting place: entrance to Cowan Park, Barrhead.

Dementia and Cancer Friendly

AUCHENBACK WALKERS

10am – Advanced level

Meeting place: outside Auchenback Resource Centre, 64 Aurs Drive, Barrhead

FIRST STEPS IN EASTWOOD PARK

9:30am – Beginner level

Meeting place: entrance to Eastwood Leisure Centre

WEDNESDAY

CROOKFUR HEALTH WALK

10am – Advanced and Beginner level

Meeting place: outside Newton Mearns Baptist Church, 2 Greenfarm Road

THURSDAY

BARRHEAD EVENING STROLL

6pm – Advanced and Beginner level

Meeting place: Barrhead Council Offices

FRIDAY

STEPPING OUT IN THORNLIBANK

10am – Advanced level

Meeting place: Mags Café, 23 Kennishead Road

CLARKSTON WALK

1pm – Advanced and Beginner level

Meeting place: outside Eastwood Health Centre, Drumby Crescent

To register for a Health Walk or find out more information please contact: Allan Murdoch

allan.murdoch@va-er.org.uk

07545 653817



EAST RENFREWSHIRE
HEALTH AND SOCIAL CARE
PARTNERSHIP



Beginner level walk: Approximately 1/2 hour

Advanced level walk: Approximately 1 hour