

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

North Glasgow					
WALK	Meeting Point	POSTCODE	Day	Time	Contact
Barmulloch	Tron St Mary's Church, 128 Red Rd,	G21 4PJ	Friday	11am	lynnetsmpw@gmail.com 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
Firhill Walk & Talk	45 Firhill Road at entrance to the up onto the canal	G20 7BE	Wednesday	11am	Queens Cross Housing Association socialregeneration@qcha.org Tel: 0808 143 2002
Lambhill	lambhill Stables, 11 Canal Bank North	G22 6RD	Friday	11am	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963
Maryhill	Glasgow Club Maryhill, Gairbraid Avenue	G20 8YE	Wednesday	1pm	walking@glasgowlife.org.uk 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	Outside Maryhill Hub, 186 Wyndford Rd, Wyndford, Glasgow	G20 8HF	Thursday	11am	kevin.miller@chss.org.uk Kevin: 07787715430
Maryhill (Women Only)	Glasgow Women's Centre, 17-22 Shawpark Street	G20 9DA	Tuesday	1pm	kerry@womenscentreglasgow.org.uk Tel: 0141 576 1400
Milton	Milton Community Hub, Liddesdale Sq,	G22 7BT	Thursday	11.30am	CommunityEngagement@ngcfi.org.uk Marie McInness 07474 578644,
Springburn Park	At Broomfield Road entrance to Park	G21 3UB	Friday	11am	James.goldie@glasgowlife.org.uk
St Rollox	St Rollox Church, Fountainwell Road	G21 1TN	Tuesday	1pm	Caoimhe.Walsh@alliance-scotland.org.uk 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					
Arden	Outside Glenoaks Housing Association office, 3 Kilmuir Drive	G46 8BW	Thursday	12noon	erin.williams@glenoaks.org.uk Erin Williams: 0141 620 2732
Bellahouston	Bellahouston Sports Centre, in the café, Bellahouston Drive	G52 1HH	Wednesday	1.30pm	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Castlemilk	At the bus stop up from the Community Centre by the lane into woodland on Castlemilk Drive	G45 9UG	Tuesday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Crookston Meander for Mental Health Walk	Gatehouse to Leverndale Hospital, Crookston Road	G53 7TU	Wednesday	11am	meanderformentalhealthwalks@gmail.com tel: 07563519734
Gorbals	at blue suspension bridge, McNeil Street	G5 0QN	Thursday	1pm	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,
Gorbals Social Saunter	Meet at Doultoun Fountain, Glasgow Green	G5	Friday	10.30am	kirsty.mcdonald@alliance-scotland.org.uk Kirsty : 0141-201-5100/ 07929343320 ,
Govan	At Isabella Elder Statue, Elder Park	G51	Thursday	11.30am	Charlene.Price@alliance-scotland.org.uk tel: 07545425605
Ibrox	outside Ibrox Library, Midlock Street	G51 1SL	Thursday	11.30am	Kamila.Lewczynska@alliance-scotland.org.uk or Dobrochna.Olszewska@alliance-scotland.org.uk Tel: Kamila - 07485377760
Kings Park	Entrance to Kings Park on the corner of Croftpark Avenue and Thorncroft Drive	G44	Tuesday	10.30am	Kayleigh.stockley@alliance-scotland.org.uk Kayleigh: 7973722620
Pollok Health Centre	Meet at entrance to Pollok Civic Realm, Cowglen Rd,	G53 6EW	Wednesday	11am	alex.scroggie@alliance-scotland.org.uk Alex Scroggie: 07485 377753
Pollok Park	Pollokshaws Library, Shawbridge Street	G43 1RW	Wednesday	10am	walking@glasgowlife.org.uk 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	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Queens Park	Finn's Place, 167 Ledard road	G42 9QU	Monday	11am	walking@glasgowlife.org.uk 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	Conor.Joseph@rnib.org.uk 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 Tuesday 11am		mhasportshub@milnbank.org.uk 0141 551 8065 or 07341 562424
Balarnark	Barlanark Community Centre, Burnmouth Road	G33 4RZ	Tuesday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Baillieston	Meet at Route 50 (formerly known as Kaldis) Edinburgh Road,	G69 6DN	Thursday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Bridgeton	Bridgeton Health Centre, 201 abercromby street	G40 2DA	Friday	11am	liam.mccusker@wearewithyou.org.uk Liam McCusker 07815011630
Bridgeton/Clydeside (for people with sight impairment)	Bridgeton Railway Station, Bridgeton Cross	G40 1BN	Last Tuesday of the Month	1pm – 2pm	Conor.Joseph@rnib.org.uk Connor Joseph: 07871 736351
Cartyne	Cartyne Parish Church, Cartyne Hall Road	G32 6LW	Wednesday	11am	AMacdonald-Haak@churchofscotland.org.uk
Craigend	JJ's Café, Mossvale Crescent	G33 5NZ	Thursday	1.30pm	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Dalmarnock	outside Riverbank Care home, Springfield Road		Thursday	11am	Yvonne.Liddell@westscot.co.uk Yvonne: 0141 550 5652
Easterhouse	Outside Easterhouse Health Centre, 9 Auchinlea Road	G34 9HQ	Thursday	12 noon	Gayle.Weir@alliance-scotland.org.uk Gayle Weir 07921898171
Parkhead	Parkhead health Centre, Salamanca Street	G31 5BA	Tuesday	1pm	glasgowlinks@wearewithyou.org.uk Joe: 07816 112 427
Ruchazie	outside the Pantry, 435 Gartloch Road	G33 3TJ	Thursday	10.30am	Tracey.Pettifer@Alliance-Scotland.org.uk Tracey Pettifer : 07912 289976
Tollcross	Westmuir Medical Centre, 109 crail street	G31 5RA	Thursday	1pm	glasgowlinks@wearewithyou.org.uk _Terrie & Marcus: 07870 504 644
Tollcross	Children's Farm, Tollcross park, Wellshot Road		Wednesday & Friday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Wellhouse	39 Wellhouse Crescent, GLASGOW,	G33 4HG	Tuesday	10am	info@connect-ct.org.uk Tel: 0141 781 9918

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