

WORCESTERSHIRE HEALTH WALKS



Sole Mates

Men & Dads Walking Group

Open to all men - whether you're a dad with kids or just looking for fresh air & good company.

Join us on a walk to enjoy the outdoors, connect with others, & take steps toward health & community.

All ages & kids welcome too!

Arrow Valley Park, Redditch 12 - 1pm
Meet at the café.

Please fill out a walker registration form
<https://forms.office.com/r/0KGUW2fX58>

Contact Paul on
07873 859684

Supported by

WORCESTERSHIRE
FAMILY HUBS 

 Redditch
Borough Council
Working together for our communities

 worcestershire
county council

Starting from
January 2026
- 1st Sunday of
the month

FREE

