

# Wellbeing walks timetables

## Wellbeing walks in **SOUTH EAST Northumberland**

WALK	MEETING PLACE	DAY/TIME
Cramlington	Concordia Leisure Centre	Mon, 10am
Morpeth	Morpeth Sports & Leisure Centre	Tue, 10.30am
Ashington	Ashington Leisure Centre	Wed, 10am
Blyth	Blyth Sports Centre	Thu, 10am
Newbiggin	Newbiggin Sports Centre	Thu, 10am
Pegswood	Pegswood Community Hub	Fri, 10am

## Wellbeing walks in **WEST Northumberland**

WALK	MEETING PLACE	DAY/TIME
Hexham	Wentworth Leisure Centre	Mon, 10am
Stocksfield	Stocksfield train station	Mon, 10am
Wark	Outside the Post Office	Tue, 10.00am*
Ponteland	Ponteland Leisure Centre	Tue, 10.30am
Corbridge	Coigns Corner	Wed, 10am
Bellingham	Market Place	Wed, 10.30am
Prudhoe	Tyne Riverside Park (every 2 weeks)	Thu, 10.30am

\*10.30am meet on away days

## Wellbeing walks in **NORTH Northumberland**

WALK	MEETING PLACE	DAY/TIME
Alnwick	Market Place	Wed, 10am
Amble	The Town Square	Tue, 1.30pm
Wooler	Cheviot Centre	Thu, 1pm