

Prestwich Walks!

Join us on our GP surgery linked local walks where we walk, talk, make connections and are part of our local communities helping improve our physical and mental health

Whittaker Lane Walks

Join our friendly walk and talk at 2pm outside Whittaker Lane Medical Centre on the 2nd and 4th Thursday of every month for a social stroll to a local cafe, enjoy a brew and chat before returning to Whittaker Lane.



Welcoming Walks

Meet us outside Church lane Community Centre, Church Lane, Prestwich at 12 noon every Tuesday for a walk around Prestwich Clough followed by a brew at our social drop in afterwards

Walk This Way!

Meet us outside The Birches Medical Centre, Polefield Road, Prestwich at 2pm on the 2nd and 4th Thursday of every month for a social nature walk and talk and visit a local cafe before returning to The Birches Medical Centre



Prestwich Plodders

WOMEN ONLY! Meet every Wednesday at 6:20pm at St Mary's Park car park, St Marys Road, Prestwich for local walks, runs, jogs, jeffing. All abilities welcome. Ask for Justine on arrival.

For more information or if you would like to volunteer to support or help develop a new walk contact julie.marshall63@nhs.net / 07713 750 458 or joanne.murray29@nhs.net / 07957 631 435