

HEALTH WALKS IN DUMFRIES AND GALLOWAY FOR 2008

District	Annandale and Eskdale	Day	Town/Start Time (Place)	End Date
Project	Better 4 Walking	Mon	Lockerbie, 6.30pm (MIDS Hut King Edward Park)	
Co-ordinator	Karen Robertson	Tue	Ecclefechan/Eaglesfield (alternate weeks) at 1.30pm Phone for details	
Office Phone	01461 207045	Wed	Moffat, 10.00 (Hammerlands Centre) Gretna, 1.30pm St Andrews Church	
Mob Phone	07704 223564	Thu r	Lockerbie, 10.00am (MIDS Hut King Edward Park)	
email	Karenr@annansportstrust.co.uk	Fri	Lochmaben, 10.00am (Lochmaben Cente) Canonbie 10.30am (Canonbie Public Hall)	

District	Dumfries and Lower Nithsdale	Day	Town/Start Time (Place)	End Date
Project	Walking Works	Mon		
Co-ordinator	Vicky Vivers	Tue	Dumfries Centre, 2.00pm (NCVS Office, Irish St) Dock Park - Short walk 12.15pm (Steel Arches)	
Office Phone	01387 269161	Wed		
Mob Phone	07743 116466	Thur	Dumfries, Lincluden, 10.00am North West Resource Centre	
email	vicky.vivers@ncvs.org.uk	Fri		

District	Mid and Upper Nithsdale	Day	Town/Start Time (Place)	End Date
Project	Walking Works	Mon	Kirkconnel, 10.30am (Kirkconnel Miners Memorial Hall)	
Co-ordinator	Graham Banks	Tue	Thornhill, 6.00pm (Thornhill Community Centre, East Back St)	
Office Phone	01387 269161	Wed		
Mob Phone	07803 664972	Thur	Moniaive 2.00pm (Glencairn Memorial Institute, Chapel St)	
email	graham.banks@ncvs.org.uk	Fri	Thornhill, 2.00pm (Thornhill Community Centre, East Back St)	

HEALTH WALKS IN DUMFRIES AND GALLOWAY FOR 2008

District	Stewartry	Day	Town/Start Time (Place)	End Date
Project	Stewartry Walking for Health	Mon	Dalry, 2.00pm, (Bank of Scotland)	
Contact (no Co-ordinator at present)	Imran Arain Health Improvement Officer	Tue	Gatehouse, 2.00pm (Tourist Information Centre) This walk has temporarily stopped, please phone for information.	Temporarily suspended
Office Phone	01556 505720	Wed	Kirkcudbright, 10.00am (Tourist Information Centre or Town Hall) Kirkcudbright, 10.00 (30 minutes walk from town hall) Dalry, 2.00pm (Banks of Scotland)	
Mob Phone	07739 438412	Thur	Castle Douglas, 2.00pm (Tourist Information Centre) Gatehouse, 2.00pm (Tourist Information Centre)	
email	imranarain@nhs.net	Fri		
		Every Sat	Dalbeattie, 10.00am (Behind Town Hall)	

District	Wigtownshire	Day	Town/Start Time (Place)	End Date
Project	Galloway Strollers	Mon	Newton Stewart 7.00pm (Riverside car park outside college)	26 th Sept 2008
Co-ordinator	Karen MacGillivray-Fallis	Tue		
Office Phone	01671 404267	Wed	Port William, 11.00am (Clansman Restaurant) Wigtown, 2.00pm (Council Buildings)	26 th Sept 2008
Mob Phone	07809 198621	Thur	Glenluce 6.30pm outside Doctors Surgery	26 th Sept 2008
email	Karenm.fallis@nhs.net	Fri	Newton Stewart, 10.00am Riverside Car Park outside College	26 th Sept 2008

HEALTH WALKS IN DUMFRIES AND GALLOWAY FOR 2008