



**stride
and
stroll**

Affiliated to HF Holidays



20 Years of Stride and Stroll

On 4th June 2022 we will be celebrating the 20th anniversary of the very first Stride and Stroll walk. The walk started in Jubilee Gardens in Bewdley and to commemorate the event we planted a tree in Jubilee Gardens on 10th December. We are also planning to install a Plaque in the Cardiac Rehabilitation Unit at Kidderminster Hospital, where the idea for a walking group originated.

The Tree we have selected has the common name 'Olympic Flame' and it can be expected to reach a height of 4 metres and a spread of 2 metres over the next 10 years. Its Latin name is 'Sorbus Ulleungensis'.

It is a compact, broadly conical shaped tree with long, tapered, glossy dark green leaves.

In late spring, small white flowers appear followed by orange-red berries. The foliage turns lovely shades of yellow, red or purple in autumn.



**Chris Cichocki**

First cardiac rehab patient walker 2002

**Sally Blowing & Phil Oliver**

Stride & Stroll Founders - June 2002

**Anne Little**

Current Stride & Stroll Chairperson

**Barrie Jones**

Stride & Stroll Chairman 2009 - 2015

**Brenda Jones**

Stride & Stroll Secretary 2009 - 2015

**Brian Matthews**

Stride & Stroll Chairman 2015 - 2016

The Stride and Stroll Story

(With thanks to Barrie and Brenda Jones)

On June 4th 2022 Stride and Stroll will be celebrating 20 years of walking, with a picnic walk from Astley and Dunley village hall.

Stride and Stroll was started by Sally Blowing, senior cardiac nurse, and Philip Oliver fitness instructor at the Cardiac Rehabilitation unit at Kidderminster Hospital. The first walk took place on June 1st 2002 and started in Jubilee Gardens Bewdley.

Sally organised the first walk, then with the help of her first Cardiac patient Chris Cichocki they organised additional weekly walks. Progressing throughout the years Sally became chairperson, Brenda Jones was Secretary, Jacquie Dudley Minutes Secretary and Bob Dudley Treasurer.

By 2005 more walk leaders had been trained and 4 different levels of walk had been developed. In the same year Barrie and Brenda Jones developed the current style of programme, initially for 12 months

In 2008 a regular short walk was started to help those who wanted to start walking with the aim of walking for 30 to 45 minutes. The walks usually ending with a cuppa and a chat.

In 2009 Brenda Jones continued as secretary and Barrie Jones took over as chairman when Sally stepped down. Work began on creation of a website in order to promote the activities of Stride and Stroll to a larger audience.

As the popularity of the group grew, Brian Matthews organised the longer walks while the other walk leaders organised the remaining walks.

In November 2015 Brian Matthews took over as chairman and Stephanie Ainsley as secretary when both Barrie and Brenda stepped down. In November 2016 Anne Little took over from Brian as chairperson and a new, more up to date, website was developed in collaboration with a Bewdley based company.

