



Walkingtogether - a programme of wellbeing walks in Hackney

Join us for regular walks exploring the local area. Meet new people and reap the benefits of being active & in green space

Type/intensity	Day	Time	Place of walk and starting point	Further information
Wellbeing walk Low to moderate pace	Tuesday	13.00 - 13.40	Richmond Road Medical Centre: Meet in front of medical centre, 136 Richmond Road, Hackney E8 3HN. Walk lead: Sadie Alleyne In partnership with Family Action	Sadie Alleyne 07815993599 Sadie.Alleyne@family-action.org.uk
Fit 4 Health (A slow pace walk for stroke sufferers and those with mobility problems)	Wednesday	11.30 - 12.15	Clissold Park: Meet in the garden of Clissold House Cafe, Clissold Park, Green Lanes, Stoke Newington, N16 9HJ. Walk lead: Helen McGinley In partnership with MRS Independent Living and Shoreditch Trust.	Helen McGinley 020 8356 5285/4897 helen.mcginley@hackney.gov.uk Booking essential Dial -a -ride organised on request
Wellbeing walk Moderate pace	Tuesday	13.00 - 14.00	Clissold Park: Meet within the outside area (ground level) of the main entrance to Clissold House Café, Clissold Park, Green Lanes, Stoke Newington, N16 9HJ. Walk lead: Rita Saha	Darren English/Surbjit Mahey 020 8356 4897/7549 darren.english@hackney.gov.uk surbjit.mahey@hackney.gov.uk
Wellbeing walk Moderate pace	Wednesday	11.00 – 12.00	Kingsmead: Meet in front of Kingsmead Medical Centre, Kingsmead Way, Clapton, E9 5QG. Walk lead: Rita Saha. In partnership with Kings Park Moving Together Project Session restarts on 28 April 2021	Darren English/Surbjit Mahey 020 8356 4897/7549 darren.english@hackney.gov.uk surbjit.mahey@hackney.gov.uk



Wellbeing walk Low to moderate pace	Wednesday	14.00 – 15.00	Stamford Hill/Springfield Park: Meet at Stamford Hill Community Centre, Stamford Hill Estate, N16 6RS. Walk lead: Carol Robinson. In partnership with Shoreditch Trust.	Carol Robinson 07881 351 439 carol@shoreditchtrust.org.uk
Wellbeing walk Low to moderate pace	Thursday	14.00 – 15.00	Victoria Park – Meet at New Kingshold Community Centre, Ainsworth Road, Hackney E9 7JE. Walk lead: Jo Evans. In partnership with Shoreditch Trust. Session resorts on 22 April 2021	Jo Evans 07584 597885 joanne@shoreditchtrust.org.uk

- Every effort will be made to accommodate attendees, but places are based on first come, first served basis. Once maximum class numbers are reached no more entries will be permitted. *Note booking is required for the Fit 4 Health Slow Pace Walk.
- New participants or those whose details have changed **should** complete a registration form and familiarise themselves with walkers guidance before participating. This is available from the instructor or by using the contact details below.
- Should you need to complete the registration form at the session, please bring a pen with you inline with guidance
- Please arrive within 5 minutes of start time in comfortable shoes for walking and with a face mask. You may also wish to bring hand sanitiser and water with you.
- For further information visit <https://hackney.gov.uk/walking> or contact Darren English/Surbjit Mahey on 020 8356 4897/7549 or email: darren.english@hackney.gov.uk / surbjit.mahey@hackney.gov.uk