



Walkingtogether - a programme of wellbeing walks in Hackney

Join us for regular walks exploring the local area, meeting new people and reaping the benefits of being active

Type/intensity	Day	Time	Place of walk and starting point	Further information
Wellbeing walk Low to vigorous	Monday	10.00 - 11.30	Homerton University Hospital , Hackney Diabetes Centre, Homerton Row, E9 6SR In partnership with Homerton University Hospital.	Diabetes Lay Educators 020 8510 5920/7875 Anyone with diabetes can join. New members please arrive 30 minutes early to register.
Wellbeing Walk Low to moderate	Monday Starts 6 Sept. 2021	12.00 - 13.00	Shoreditch Park , front entrance (stone seating area) of Britannia Leisure Centre, Pitfield Street N1 5FT Walk lead: Shanaz Beegum In partnership with the Shoreditch Trust	Shanaz Begum 07783 519 485 Shanaz@shoreditchtrust.org.uk
Wellbeing walk Low to moderate pace	Tuesday	13.00 - 13.40	Richmond Road Medical Centre: Meet in front of the 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
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 020 8356 4897 darren.english@hackney.gov.uk

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Fit 4 Health (A slow pace walk for stroke sufferers and those with mobility problems)	Wednesday Apr - Oct	11.30 - 12.15	Clissold Park: Meet in the garden of Clissold House Cafe, Clissold Park, Green Lanes, Stoke Newington, N16 9HJ. In partnership with MRS Independent Living and the Shoreditch Trust.	Helen McGinley 020 8356 5285/4897 helen.mcginley@hackney.gov.uk https://hackney.gov.uk/after-stroke-programme Booking required Dial -a -ride organised on request
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	Darren English 020 8356 4897 darren.english@hackney.gov.uk
Wellbeing walk Moderate pace	Wednesday start 1 Sept 2021	12.15 - 13.00	London Fields: Bottom of Hackney Town Hall Steps, Mare Street, E8 1EA Walk lead: Lynne Thorburn	Darren English 020 8356 4897 darren.english@hackney.gov.uk
Wellbeing walk Low to moderate pace	Wednesday No sessions in Sept. 2021	14.00 – 15.00	Springfield Park: Meet at Spring Hill Gate entrance, Spring Hill, E5 9BE In partnership with Shoreditch Trust	Carol Robinson 07881 351 439 carol@shorditchtrust.org.uk
Wellbeing walk Low to moderate pace	Thursday	13.00 - 14.00	Shoreditch Park: Meet at gate entrance on Rushton Street, N1 5PR In partnership with Family-Action	Beverley James & Sahir Ahmed on 0791 712 8751 / 0781 608 6639 beverley.james@family-action.org.uk sahir.ahmed@family-action.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. In partnership with Shoreditch Trust.	Jo Evans 07584 597885 joanne@shoreditchtrust.org.uk
Walks of interest - Loose Yourself in Global Dalston - moderate pace	Saturday 18 September 2021	11.00 - 12.30	Dalston is truly international, rich in culture of its residents and those who come to explore it today. Ridley Road market and the Four Aces are part of its celebrated heritage. But today renowned Turkish and African food, a globally-known jazz club and a record store that pulls people from all over are part of a diverse cultural scene. Add to that some cutting edge social enterprises that are leading the way in better business and you've got a fascinating world – past and present - to explore. Be a tourist in your own backyard. Walk guide Simon Cole (Hackney Tours)	Darren English 020 8356 4897 darren.english@hackney.gov.uk https://hackney.gov.uk/walking Priority given to advance bookers
Walks of interest - Hackney Leaside - moderate pace	Saturday 2 October 2021	11.00 - 12.30	Hackney Leaside: This walk will take you past ‘Homes Fit for Heroes’ then through Millfields, the legendary site of a Dark Ages battle, to London’s second river, the Lea. Walking along the quieter Walthamstow Marshes side, we will take in views of Clapton recollecting by-gone industries and past pleasures of the riverside pubs offering a 'veritable Alsatia', and much more, before ending up in Springfield Park to enjoy the view and its beauty.	Darren English 020 8356 4897 darren.english@hackney.gov.uk https://hackney.gov.uk/walking Priority given to advance bookers



Walks of interest - Clapton Centuries - moderate pace	Saturday 20 November 2021	11.00 - 12.30	<p>Clapton Centuries: Did you know you can walk through centuries and across the globe, all in one 1.5 mile walk through Clapton from city to marsh? Wonder is everywhere on our doorstep, from famous figures in history who lived in our street to inventors and authors who changed how we live or think. From looking at old borders to pondering how our Hackney ancestors changed history or just stopping to really see and appreciate nature, Clapton is the perfect playground to take your mind on a local adventure.</p> <p>Walk guide: Simon Cole (Hackney Tours)</p>	Darren English 020 8356 4897 darren.english@hackney.gov.uk https://hackney.gov.uk/walking Priority given to advance bookers
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- *Every effort will be made to accommodate attendees, but places are based on a first come, first served basis. Once maximum class numbers are reached no more entries will be permitted. We'll give you priority if you're a Hackney resident or are registered to a Hackney based GP surgery. ***Note booking is required** for the Fit 4 Health Slow Pace Walk and priority given to advance bookers of Walks of Interest sessions
- 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 including booking online visit <https://hackney.gov.uk/walking> or contact Darren English on 020 8356 4897 or email: darren.english@hackney.gov.uk
- We welcome attendees to bring their own memories and stories to share on the walks.