

Walkingtogether

Regular walks exploring the local area, meeting people and reaping the benefits of being outdoors and active.

FREE
Programme of walks
in Hackney 2023/2024


No walks will be held from 17 December to 7 January 2024

Day & time	Title & intensity	Meeting point	Walk leader & further information
Monday, 10am–11.30am	Hackney Diabetes Centre walk Various routes, low to vigorous	Homerton University Hospital, Hackney Diabetes Centre, Homerton Row, E9 6SR	Diabetes Lay Educators 020 8510 5920 / 7875 Anyone with diabetes can join. New members, please arrive 30 minutes early to register.
Monday, 6pm–7pm <i>Pauses on 2 October</i>	Clissold Park EVENING walk Moderate	The outside area (ground level) of the main entrance to Clissold House Café, Clissold Park, Green Lanes, N16 9HJ	Walk leader: Rita Saha For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk
Monday, 6pm–7pm	Hackney Type 1 Diabetes Monthly Walk and Talk Moderate	Homerton University Hospital, Hackney Diabetes Centre, Homerton Row, E9 6SR	For further information including scheduled dates, email Samina at samina.hassan@nhs.net or 07876003103 . Anyone with type 1 diabetes is welcome to attend.
Tuesday, 1pm–2pm	Clissold Park walk Moderate	The outside area (ground level) of the main entrance to Clissold House Café, Clissold Park, Green Lanes, N16 9HJ	Walk leader: Rita Saha For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk
Wednesday, 11.30am –12.15pm <i>Pauses on 1 November</i>	Fit 4 Health Slow paced walk in Clissold Park <i>Low. To help in the prevention and recovery of stroke/TIA and for those with mobility issues.</i>	The garden area of Clissold House Café, Clissold Park, Green Lanes, N16 9HJ	To register for a place contact: Helen McGinley 07483335891 / 020 8356 4897 helen.mcginley@hackney.gov.uk darren.english@hackney.gov.uk
Wednesday, 12.15pm–1pm	London Fields walk Moderate	Bottom of Hackney Town Hall steps (Reading Lane side), Mare Street, E8 1EA	Walk leader: Lynne Thornburn For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk
Wednesday, 2pm–3pm	Springfield Park walk Low to moderate	Outside of Springfield House (the large white building) Springfield Park, E5 9BE	Walk leader: Rita Saha For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk
Thursday, 11am–12pm	Millfields Park Circular walk Low to moderate	Park entrance on Millfields Road on the corner of Chatsworth Road opposite Millfields Cafe, E5 OLA	Walk leader: Rosemarie Michael For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk
Thursday, 1pm–2pm	Shoreditch Park walk Low to moderate	Shoreditch Park, gate entrance on Rushton Street, N1 5PR	Beverley James & Sahir Ahmed on 07917128751 / 07816 086 639 or email: beverley.james@family-action.org.uk & sahir.ahmed@family-action.org.uk
Thursday, 2pm–3pm	Victoria Park walk Low to moderate	Meet outside New Kingshold Community Centre, 49 Ainsworth Road, E9 7LP	Jo Evans 07584597885 joanne@shoreditchtrust.org.uk

We'll make every effort to accommodate attendees 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. Walks are not held on Bank Holidays.

Before taking part in any of our walks, new participants or those whose details have changed should complete a registration form and familiarise themselves with the walkers guidance.

Please arrive 5 minutes before the walk is due to start in shoes comfortable for walking.

 For further information/register attending a walk, walks of interest or training as a walk leader visit **hackney.gov.uk/walking** or contact: **Darren English on 020 8356 4897** or email **darren.english@hackney.gov.uk**



The Walkingtogether venues and nearby buses map

