

# Walkingtogether

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

No walks will be held from 18 December to 8 January 2023

**FREE**  
Programme of walks  
in Hackney

Day & time	Title & intensity	Meeting point	Walk leader & further information
<b>Monday, 10am–11.30am</b>	<b>Hackney Diabetes Centre walk</b> Various routes, low to vigorous	Homerton University Hospital, Hackney Diabetes Centre, Homerton Row, E9 6SR	<b>Diabetes Lay Educators</b> <b>020 8510 5920 / 7875</b> Anyone with diabetes can join. New members, please arrive 30 minutes early to register.
<b>Monday, 12pm–1pm</b>	<b>Shoreditch Park walk</b> Various routes. Moderate	Front entrance (BRAFA Square, stone seating area) of Britannia Leisure Centre, Pitfield St, N1 5FT	<b>Shanaz Begum, 07783 519 485</b> <b>Shanaz@shoreditchtrust.org.uk</b> <b>Lewis Alexander: 07709716824</b> <b>lewis@shoreditchtrust.org.uk</b>
<b>Monday, 6pm–7pm</b> <i>returns 15 May - 2 October 2023</i>	<b>Clissold Park EVENING walk</b> Moderate	The outside area (ground level) of the main entrance to Clissold House Café, Clissold Park, Green Lanes, N16 9HJ	<b>Walk leader: Rita Saha</b> <b>For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk</b>
<b>Monday, 6pm–7pm</b>	<b>Hackney Type 1 Diabetes Monthly Walk and Talk</b> Moderate	Homerton University Hospital, Hackney Diabetes Centre, Homerton Row, E9 6SR	For further information including scheduled dates, email Samina at <b>samina.hassan@nhs.net</b> or <b>07876003103</b> . Anyone with type 1 diabetes is welcome to attend.
<b>Tuesday, 1pm–2pm</b>	<b>Clissold Park walk</b> Moderate	The outside area (ground level) of the main entrance to Clissold House Café, Clissold Park, Green Lanes, N16 9HJ	<b>Walk leader: Rita Saha</b> <b>For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk</b>
<b>Wednesday, 11.30am –12.15pm</b> <i>returns 19 April - 1 November 2023</i>	<b>Fit 4 Health Slow paced walk in Clissold Park</b> <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	<b>To register for a place contact:</b> <b>Helen McGinley 07483335891 / 020 8356 4897</b> <b>helen.mcginley@hackney.gov.uk</b> <b>darren.english@hackney.gov.uk</b>
<b>Wednesday, 12.15pm–1pm</b>	<b>London Fields walk</b> Moderate	Bottom of Hackney Town Hall steps (Reading Lane side), Mare Street, E8 1EA	<b>Walk leader: Lynne Thornburn</b> <b>For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk</b>
<b>Wednesday, 2pm–3pm</b>	<b>Springfield Park walk</b> Low to moderate	Outside of Springfield House (the large white building) Springfield Park, E5 9BE	<b>Walk leader: Rita Saha</b> <b>For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk</b>
<b>Thursday, 11am–12pm</b> <i>sessions pauses on 15 December and returns 16 March 2023</i>	<b>Millfields Park Circular walk</b> Low to moderate	Park entrance on Millfields Road on the corner of Chatsworth Road opposite Millfields Cafe, E5 0LA	<b>Walk leader: Rosemarie Michael</b> <b>For more info contact Darren English on 020 8356 4897 / darren.english@hackney.gov.uk</b>
<b>Thursday, 1pm–2pm</b>	<b>Shoreditch Park walk</b> Low to moderate	Shoreditch Park, gate entrance on Rushton Street, N1 5PR	<b>Beverley James &amp; Sahir Ahmed on 07917128751 / 07816 086 639 or email: beverley.james@family-action.org.uk &amp; sahir.ahmed@family-action.org.uk</b>
<b>Thursday, 2pm–3pm</b>	<b>Victoria Park walk</b> Low to moderate	Meet outside New Kingshold Community Centre, 49 Ainsworth Road, E9 7LP	<b>Jo Evans 07584597885</b> <b>joanne@shoreditchtrust.org.uk</b>
<b>Friday, 11am- 12pm</b> <i>(session starts 24 February 2023)</i>	<b>Pregnancy walk</b> Low to moderate	Meet outside Gascoyne 1 Community Centre, Gascoyne Rd, London E9 7FA	<b>Fran: 07763 529772. franreflex@gmail.com</b> The walk welcomes pregnant people, their partners and babies. The routes will cover Victoria Park and Well Street Common

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

