

What to expect

- Walk leaders will be at the meeting place before the start of the walk
- If this is your first walk, you will be asked to fill in a registration form
- One leader will walk near the front of the group with the faster people. Another walk leader will be at the back with people who need to walk more slowly
- You can walk at a pace that suits you
- Expect to meet new people, make friends and enjoy yourself!

What to wear/bring

- No special equipment is needed
- Wear clothing that is loose and suitable for the weather – layers are best
- Wear comfortable, well fitting shoes or trainers

Your health

For most people, the walks are beneficial and should not cause any problem. However, we ask everyone starting the Health Walks Scheme to fill out a registration form. This helps identify the few people who need to have medical advice before starting this kind of physical activity (for example, if you have heart trouble, chest pain, dizziness or other pain made worse by activity).

Our health walks are led by trained volunteer walk leaders. The walks are 30 – 60 minutes long. We end with a cup of tea where possible.

Health walking is really easy. You do a 5 minute stroll to warm up, at least 20 minutes at a brisk pace and a five minute stroll to cool down.

A 'brisk pace' will be different for everybody. Walk so you feel a little warmer, breathe a bit heavier and your heart is pumping a bit faster. You need to be able to have a chat and not be too out of breath.

Go at a pace that is right for you – the walks are suitable for people of all abilities. Come when you are able to.

Want to get more involved? Join our team of volunteer walk Leaders. Contact us to find out about the free one day volunteer walk leader training.

📞 020 8269 4880

✉️ healthywalks@gcda.org.uk

🌐 www.walkingforhealth.org.uk

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Get up, get out, get walking!

Free and friendly led walks in parks across the borough, for people of all abilities



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WE ARE
MACMILLAN
CANCER SUPPORT



Supporting you to
get active and stay active

Weekly schedule 2017



You can just turn up at the start of the walk but for the walks with varied routes we recommend you contact us before your first walk. Please book for walks where indicated.

Like walking? Want to get more involved?

Our next free volunteer walk leader training will be Thursday 15 June in Catford. Contact us to find out more and book a place.

When	Where	Details
Mondays 6.30pm	Hilly Fields	Meet by benches outside Bowling Club, Tyrwhitt Rd, Brockley (Near 484 bus stop). Choice of routes; one hilly, one flat, smooth even paths. Walk for 30–45 mins. (April–Oct only. This walk starts again on 24 April).
Mondays 10.30am	Chinbrook Meadows	Meet at WG Grace Centre, SE9 4HG. Walk to and around park for 30-45 mins on paths. Some gentle slopes. Tea in park café at end (with ChART). Starts 24 April.
Tuesdays 2.00pm	Ladywell Fields	Meet in the Riverside reception area in Lewisham Hospital. Walk for 20–45 mins. Level walk route, good paths. You can do half a lap (20 mins), a full lap or two!
Tuesdays 11.00am	Sydenham Wells Park	Meet by the benches near the pond. Walk for up to 45 mins, choice of routes; level, smooth paths or choose to go up the hill through wooded area.
Tuesdays 9.45am	Beckenham Place Park	Meet at Mansion House car park. Choice of 3 circular walks from 30–60 min. The short walk will be on level, smooth paths, others will include slopes and rough ground going through woodland.
Wednesdays 10.00am	Bellingham	With Well London volunteers. Meet outside St Dunstan's Church, Bellingham Green. Walk for 30-45 mins, long slope at the start and some gentle slopes in the park, even ground and paths. Tea at end THIS WALK IS TEMPORARILY CLOSED. CONTACT US FOR MORE INFO.
Wednesdays 10.00am	New Cross	Meet at Barnes Wallis Centre, Wild Goose Drive (near New Cross fire station). Walk for 60 mins in different parks each week, including Russia Docks, Peckham Rye, Dulwich, Southwark and Burgess Parks (go by public transport so bring travel pass). Contact Jane (Just Older Youth) on 020 7732 7458
Wednesdays 10.30am	Grove Park and beyond	Meet at Ringway Centre, Baring Rd. Varied routes, maybe up to 90 mins, through woodland and parks, some with rough ground or slopes. Before your first walk please contact Sonja 07836 548 870.
Thursdays 9.00am	Deptford Park	Meet at the playground in Deptford Park. Walk for 30–45 mins within the park. Mostly smooth, level paths with different route options so you can walk as slow or fast as you wish. This park has outdoor gym equipment to try at the end if you want!
Thursdays 10.00am	South East London Explorers	Meet by the tables and chairs near the Clock Tower, Lewisham High St. Use public transport to travel to different local routes each week (own fares or travel passes needed). Walk for 45–60 mins then tea in a café. Varied routes and may include slopes, steps and rough ground.
Thursdays 11.00am	Horniman Gardens	Meet by the benches inside the main gates. This is a hilly park so there are some slopes but you can choose a more level route, some weeks we go into the nature trail with rough ground/steps. Walk for up to 45 mins.
Thursdays 11.00am	Ladywell Fields	Meet in the Riverside reception area in Lewisham Hospital. Walk for 20–45 mins. Level walk route, good paths. You can do half a lap (20 mins), a full lap or two!
Fridays 1.00pm	Lewisham paths and parks	MIND Peer Support Volunteer led walks. Meet at Glassmill Leisure Centre, Lewisham. 60 mins walk at various locations. Café at the end where possible. Contact Smita 07850 639 811 to register. Booking essential for this one.
Saturdays 2.00pm	Downham Parks and woodlands	Meet in the café at Downham Health & Leisure Centre. Walk for up to an hour on a variety of routes in the local area. The routes may include long slopes, rough ground underfoot and steps.
Saturdays 11.00am	Mountsfield Park	Meet by the bandstand near George Lane entrance. Walk for up to 60 mins on a choice of routes, one more level, the other using the hills in the park. Good paths (with Healthy Habits). Starts 6 May.



Want to try something different? Try **NORDIC WALKING** 4 week courses to learn the technique: Ladywell Fields on Saturdays, 10.15am. Contact Laura: brockleynordicwalking@gmail.com Manor House Garden on Thursdays, 10am or Bellingham, Fridays, 6pm. Email sonya.nordicwalking@gmail.com