

Walking for Health Kingston

09

Feb

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Walking for Health is England's largest network of health walks with over 400 active schemes, helping people across the country lead a more active lifestyle.

Our walks are short and over easy terrain, and are open to everyone but are especially aimed at those who are least active.

1,800 weekly walks are supported by around 8,300 friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind. Every week we reach on average 24,000 walkers, supporting them to experience the benefits of getting and staying active.

Many of our walkers start walking to improve their health, but find it easy to keep coming back because of all the new friends they've made. So as well as all the physical health benefits, Walking for Health is also great for your social life!

Walk for Health Kingston has a range of walks to suit different abilities and ages. Contact them for dates and times of our walks and to obtain a copy of the latest walks brochure. The team will be happy to help you choose a walk most suited to you.

Basic Details

Age of Users

All Ages

Organiser and Contact Details

Organiser

Nadine Lane - Healthy Lifestyle Co-ordinator

Email Address

nadine.lane@kingston.gov.uk

Phone

0208 547 6815

Website

[https://www.walkingforhealth.org.uk/walkfinder/walk-for-health-kingsto ...](https://www.walkingforhealth.org.uk/walkfinder/walk-for-health-kingsto...)

Costs

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Walks are free (heritage walks may be subject to cost as these are run by external provider)

Event Repeats

Repeats

This event repeats on the following dates:

- 15Oct
- 18Oct
- 19Oct
- 21Oct
- 22Oct
- 25Oct
- 26Oct
- 28Oct

Taking Part

How can a child or young person with SEND take part in this activity

Flexibility to walk at your own pace

Strong links with public health to support those with health conditions or longer term conditions to access a more manageable form of activity to get them back on the road to health improvement.

Variety of walks for different levels of ability - from short walks broken into small chunks with regular stops for those just starting out to longer walks for those who prefer more miles!

We provide a friendly approach to walking within a group where you can decide on your own preferred level of social interaction - although we do encourage socialisation - it will not be forced upon you.

All of our walks are led by trained walk leaders so you will be in safe and experienced hands. Potential new volunteers are required to shadow a few walks before Walk Leader training is offered. If you are interested in becoming a volunteer walk leader and help people to attain their health goals while enjoying the outdoors, please contact us on the details provided.

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Walking for Health Kingston' took place on 09 February 2018.