



LOVE YOUR PARK



Dementia Walk and Talk

Come and enjoy a breath of fresh air, on our weekly walk in the park. We are a friendly bunch and would like to invite people living with dementia (no matter the stage), along with their carers, friends, families and grandchildren, to join us for a stroll in the park. Walks are run by fully trained Walk Leaders in partnership with Dementia Adventure. The walks provide a chance to socialise and participate in small activities.

Every Thursday, 11am

Valentines Park, Ilford

Meet at Gardener's Cottage Café by Valentines Mansion

Facilities available include a café and toilets.

Please call Michelle to book your place on 020 8708 0951.



FREE



Walking Football



Every Tuesday

Lucozade Powerleague Fairlop, Forest Rd, Ilford IG6 3HJ

2pm-3pm

Thousands of people have rediscovered the joys of playing football again thanks to a slowed-down version of the game, where any player caught running concedes a free kick to the opposition. Walking football aims to inspire people back into exercise as it's played at a more leisurely pace and is kinder to the knees! It is also perfect for people who are recovering from a long term injury and want to continue to enjoy playing football.

The rules are much the same as its speedier cousin, however there are some differences. The squads are smaller (between five and seven-a-side), free kicks are indirect, kick-ins replace throws, there are no offside, the ball must be kept below head height and, of course, anything so much as a jog is prohibited.

Come and give it a try
Sessions are run by an FA coach and are open to all abilities.

£2 per session

For more info call
020 8708 0955