

WALKING FOR HEALTH

Mondays 11am

19 March at Clayhall Park
 26 March at Goodmayes Park
 9 April at South Park
 16 April at Clayhall Park
 23 April at Seven Kings Park
 30 April at Valentines Park
 14 May at South Park
 21 May at Fairlop Waters
 4 June at Seven Kings Park
 11 June at Goodmayes Park

Wednesdays 11am **NEW**

4 April at Claybury Woods
 9 May at Claybury Woods
 13 June at Claybury Woods

Thursdays 11am

22 March at Wanstead Park
 29 March at Hainault Forest Country Park
 5 April at Fairlop Waters
 12 April at Valentines Park
 19 April at Wanstead Park
 26 April at Hainault Forest Country Park
 3 May at Fairlop Waters
 10 May at Valentines Park
 17 May at Wanstead Park
 24 May at Hainault Forest Country Park
 31 May at Wanstead Park
 7 June at Fairlop Waters
 14 June at Hainault Forest Country Park

Saturdays 10.30am

Every Saturday from
 Wanstead Place Surgery
 45 Wanstead Place

Enjoy the changing season on one of our organised walks

Why not join us on one of our free walks which take place in parks and open spaces across Redbridge? No booking required, just turn up and enjoy the company!



May Local History Month – Heritage Walks

Find out about Redbridge's Heritage at these free walks taking place during local history month as part of the Walking for Health Programme. Celebrate the Borough's rich history and meet new friends. Find out where a mammoth was discovered in Ilford, where the oldest surviving buildings can be found in Barkingside and much more. Fridays 11am, see page 35 for details.

Guide to Grades

- 1 = Easy, flat walk at gentle pace on hard surfaces
- 2 = Steady pace, some gentle slopes and uneven terrain
- 3 = Steady to faster pace, some hills and uneven terrain

** All these walks are accessible for wheelchair users*

Meeting points and grades for walks

Park	Meeting Point	Approximate Time	Grade
Claybury Woods	Entrance opposite Wannock Gardens, Tomswood Hill	60 minutes	3
Clayhall Park*	Tennis Courts inside park Longwood Gardens	20-45 minutes	1/2
Fairlop Waters*	Main entrance of Pavilion	20-45 minutes	1/2
Goodmayes Park*	Entrance at Aberdour Road/Abbotsford Road	20-45 minutes	1/2
Hainault Forest Country Park	Car park adjacent to Global Café	60 minutes	3
Seven Kings Park*	Bandstand (Aldborough Road South entrance)	20-45 minutes	1/2
South Park*	Car park adjacent to tennis courts	20-45 minutes	1/2
Valentines Park*	Outside Valentines Park café	45 minutes	1/2
Wanstead Park	Thursday: Park entrance, Warren Road	60 minutes	2
Wanstead	Saturday: Entrance off Wanstead Place Surgery	60 minutes	2

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.



WALKING FOOTBALL

Every Tuesday 2pm-3pm

Lucozade Powerleague Fairlop

Forest Road, Ilford IG6 3HJ

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 open to all abilities.

£2 per session

For more information call 020 8708 0955



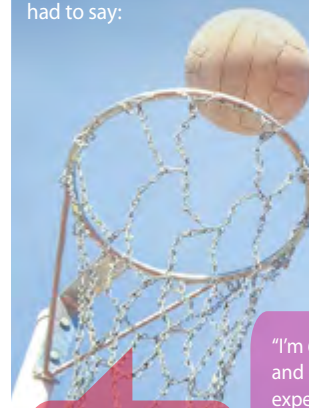
WALKING NETBALL

Every Friday 10am-11am

Redbridge Sports Centre (outdoor courts)

Forest Road, Barkingside IG6 3HD

Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. Every session contains a gentle warm-up. See what previous participants have had to say:



"The warm ups are great, they are really important as you get older to get everything moving"

"I'm 61 and I never expected to put a bib on again"

Open to all ages and abilities

£3.10 per session

For more information call

Jodie 07738 696858

www.EnglandNetball.co.uk/walking-netball