

# Richmond Health Walks

12  n/a  
Feb 

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!

Keen walkers can now keep fit and healthy whilst enjoying the surroundings that Richmond upon Thames has to offer through a series of coordinated volunteer-led health walks.

The Richmond Health Walks are one of a range of free healthy lifestyles services on offer for local residents as part the Richmond Lifestyles Service, commissioned by the London Borough of Richmond upon Thames.

## Basic Details

### Age of Users

All Ages

## Organiser and Contact Details

### Organiser

Pam McMillen Health Walks Co-ordinator

### Email Address

pam.mcmillen@richmondandwandsworth.gov.uk

### Website

[https://www.walkingforhealth.org.uk/walkfinder/london/richmond-health- ...](https://www.walkingforhealth.org.uk/walkfinder/london/richmond-health-...)

## Costs

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The walks are free for all to join. There is no need to pre-register, just turn up at the starting point fifteen minutes before the start time and introduce yourself to the walk leader. No special equipment needed - just wear sturdy, comfortable footwear.

## Event Repeats

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This event repeats on the following dates:

- 20Feb
- 21Feb
- 22Feb
- 24Feb
- 25Feb
- 26Feb
- 27Feb
- 28Feb

## Taking Part

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

Unfortunately no dogs allowed except hearing assistance dogs and guide dogs.

Walks are not suitable for wheelchairs or pushchairs - due to the variety of surfaces and terrain.

## Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Richmond Health Walks' took place on 12 February 2018.