



Walks-stepping out

Look out for walks information in the links provided or at key Haringey borough events and we can help you, your members, patients and residents find a walk that's right for them or you.

Links for up-to-date walks information

[Walks](#) • [Free Walk Leader training](#) • [Haringey Walks Contact](#) • [Active 10](#)

Free Guided Wellbeing Walks for Haringey Residents

Haringey Wellbeing walks, are free, guided walks for Haringey residents. Supporting mental and physical health and reducing isolation. Helping residents to better know their borough, one another and connecting to their community and all it offers.

Call Anita, Walks co-ordinator for details 07973 571 921 or visit the Haringey website for details: [Haringey Wellbeing walks](#)

Haringey Walks & Community Walks News...

Haringey Walks is a partner for **Haringey's first Ageing Well Festival**, taking place on **Saturday 21st September** from **12-5pm** at Bruce Castle Park and Museum. The festival will include live music, wellbeing sessions, films, food and drink, Nordic walks, Wellbeing Walks, Tai Chi, Yoga, Crafting and much more! The team look forward to welcoming you, your clients, family, friends and neighbours to some or all of the day:

[Haringey Age Well Festival 2024](#) | [Haringey Council](#)



Haringey Walks Leader

Profile:

Rebecca – Circular walk in Bruce Castle

(Wednesdays & Fridays)

Rebecca has been a volunteer walk leader since 2015. For her, walks are more than a hobby or a volunteering role.



“Walks help to build me up, when my mood or confidence is low they uplift me and help my body to feel alive. I love to walk and encourage people to do the same.

People know that I will always be there on the walk. So if they have an appointment one week they are welcome to come along the next and as often as they can”.

Even when Rebecca is not leading a walk she is encouraging people she meets to get off the sofa and help their stiff joints improve with a walk and a chat with others.

Walks offer people a little ‘pocket community’ where they can have a reason to get out of the house, walk in green spaces and meet others as well as find out what’s happening in the Borough.

Join a walk near you and see the benefits for yourself.



Haringey walks deliver a number of different walks to support as many residents as possible:

Wellbeing walks, Friendly group walks for everyone, supported by a trained volunteer walk leader

Garden walks, for residents in supported housing unable to get out alone

Community walks, for specific groups of residents or locations, often provided for a specific time frame.

Specialist walks, for residents needing additional support

Heritage Walks, for residents looking to know more about the history of their area. These groups are led by a trained heritage walk leader .

Please contact Anita on 07973 571 921 or

Active Communities Team: get.active@haringey.gov.uk

• Tel: 07971 113 463

• [Sign up to future Haringey Walks Newsletters](#)

Wellbeing walks Spotlight:

New walk in N22.

Walk Leader Rich, leads a circular walk from Russell Park Café to Belmont Rec, returning to the café for tea and a chat.

This walk takes you through the open green spaces hidden behind Wood Green High road, offering you the chance to recharge and focus on your wellbeing. This is a must do walk for all the Westbury locals.

Day: Wednesday

Time: 10:30am

Meeting Point: Russell Park Café, N22 6PU

Walk Leader: Rich

Route: A circular walk to Belmont Rec



SEND POWER Walks:

Supporting SEND Parents/families in Haringey

• Monday 9th September, Highgate and Queen’s Woods, 11.30am. Meeting point is outside Jacksons Lane Arts Centre (N6 5SS).

• Monday 7th October, Priory Park, 11.30am. Meeting point is Middle Lane Methodist Church (N8 8NT).

• Monday 4th November, Bruce Castle Park, 11.30am. Meeting point is Bruce Castle Museum (N17 8NU).

Monday 2nd December, Finsbury Park, 11.30am. Meeting point is Park View Café (N4 1BZ).

Contact Grace for further details on M: 07549 023 657.

Parents/carers can also find our next walk on our website: <https://www.sendpowerinharingey.org/walk-and-talk>

Please share this newsletter and spread the word amongst your networks, clients, patients, family, friends and neighbours.