

HACKNEY WALKINGTOGETHER PROGRAMME

Walkingtogether provides a range of regular wellbeing walks from a structured walk in your local park to discovering something new in your neighbourhood.

Walkingtogether is delivered in partnership with the Ramblers: <https://beta.ramblers.org.uk/go-walking/wellbeing-walks>. In line with this and in partnership with Sport England and the National Lottery a promotional video 'Joy' (click [here](#) for the video) has been released. Joy perfectly encapsulates the benefits of walking and why we should all incorporate as much movement into our day as possible.

The Ramblers will also be launching a national campaign with tv, radio and newspaper adverts to encourage the nation to get walking.

Walkingtogether groups have returned, including a new Well Street Common Walk (Friday, 12-1.15pm). After an extended break the London Fields (Wednesday) walk returns on Wednesday 2nd February, 12.15-1pm from outside of Hackney Town Hall.

To view the Walkingtogether timetable and associated guidance visit: <https://hackney.gov.uk/walking> or contact Darren English on 0208 356 4897 or by email: darren.english@hackney.gov.uk.

Due to a number of recent changes to our walks programme we are in the process of updating paper publicity, this will be circulated accordingly.

The Walkingtogether programme is open to all, but priority will be given to Hackney residents and to those registered to a Hackney based GP surgery.