

Haringey Walks

Haringey
LONDON

NEWSLETTER January 2025

[Walking groups](#) | [Walk leader training](#) | [Get Active](#)



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](#)

OneYouHaringey

(Provided by Haringey GP Federation)

A free integrated service to help you be smoke free, drink less, lose weight Tel: 0208 885 9095.

Free Guided Wellbeing Walks for Haringey Residents

Happy New Year! With so many amazing milestones reached in 2024, it's exciting to be looking ahead to 2025.

The Wellbeing walks programme and our approach to reaching Haringey's diverse profile of residents and communities continues to attract interest and we share our approach with partners everywhere. If you would like to start a walk for a group of residents, then please contact Anita: anita@sanjurotrainingsystems.com

Haringey Walks & Community Walks News...

The Big Winter Wander 10-23 February 2025.

Haringey Walks has signed up to the [WWF's The BIG Winter Wander](#) and will be encouraging residents and staff to put their walking shoes on and get out and walk in our amazing parks and green spaces. Everyone is invited to join one of our [17 Wellbeing walks](#) or follow some of [Haringey's self guided walks](#).

No need to Fundraise (we have that covered) all you need to do is get out and discover new parks and green spaces in Haringey and take a photo to share with the Walks team. Look out for further details in the weeks ahead. Alternatively, please email anita@sanjurotrainingsystems.com and I'll include you in communications.

Haringey Walks:

Walking to Better Health returned in October 2024, following the pilot earlier in the year. Since then, it has gained traction and will now become a staple offer within **Haringey Talking Therapies** for clients who are on the waitlist for psychological support.

The group is a partnership between **Haringey Walks** and **Haringey Talking Therapies** who are an adult psychological support service. The group combines psychoeducation with gentle physical exercise, and aims to help clients socialise with others, and practice mindfulness in real time.

The walks take place in a local park/green space and support with encouraging behaviour change. The group runs for 8-weeks, and the penultimate session is a ParkRun (Walk) where clients can complete a 5k circuit.

Facilitating the group is also an amazing experience. Perhaps the best part is to see how people connect, share advice, and create community. In fact, we have heard that the client's from the first pilot group continue to meet for walks in the park and have stayed in contact since. With other participants attending other walks too. In addition, one of the participants from the pilot group is now a walk leader.

For further details please
e: haringey.talkingtherapies@nhs.net.



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 Wellbeing Team: get.active@haringey.gov.uk

- Tel: 07971 113 463
- [Sign up to future Haringey Walks Newsletters](#)

Wellbeing walks Spotlight:

Magick Monday's Healthy Hearts – 11am-2pm, Pavilion Café, Bruce Castle Park, N17 8NJ. Meet new people, learn about health services in the Borough, free refreshments and so much more.

In addition, **Bruce Castle Nordic Walking sessions** start on the 6th January and run up to the end of March. They last for an hour and are circular walks, they start at 11am and start and finish at the Pavilion Cafe.

Nordic Poles will be provided, the sessions are inclusive and are targeted at Haringey residents who are 50 plus years old. James your walk leader is a trained Nordic Walk Leader as well as a Tottenham local.

SEND Power Walks

Supporting SEND Parents/families in Haringey:

January

Monday 13th Jan: Chestnuts Park. Meet outside Chestnuts Community Centre (N15 5BN) at 11.30am

Thursday 16th: Coldfall Wood. Meet at WAVE Hub (United Reformed Church, N10 3NU) at 12pm.

February

Monday 3rd Feb: Markfield Park. Meet at Markfield (N15 4RB) at 11.30am

March

Monday 3rd March: Down Lane Park. Meet outside Living Under One Sun (N17 9EX) at 11.30am

April

Monday 7th April: Highgate and Queen's Woods. Meet outside Jacksons Lane (N6 5SS) at 11.30am.

May

Tuesday 6th May: Bruce Castle Park. Meet outside Bruce Castle Museum (N17 8NU) at 11.30am.

If anyone is running late or has any questions or accessibility requirements, contact:

hello@sendpowerinharingey.org or call Grace-Lyn at 07549 023 657 or Lizzy at 07871 729 863.

<https://www.sendpowerinharingey.org/walk-and-talk>

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