
Wellbeing Walks, Nordic walks and cycle rides

1 April to 30 June 2024



Supporting you to get active and stay active



Elmbridge
Borough Council



Wellbeing Walks Elmbridge and Nordic walks

Our friendly walks welcome anyone who would like to walk in a group to get active, benefit their mental wellbeing and explore the local area. All walks are free and operate on a 'just turn up' basis (unless specified on the programme). You'll be led by trained and experienced volunteers.

Previously known as Elmbridge Healthy Walks, our programme has run for 20 years since 2003. Many local people have walked with us regularly over the years, but we are always happy to welcome new walkers. Many of our walks have a visit to a café at the end, so they are great for a friendly chat with other like-minded people.

Walker's responsibility

- Please ensure you arrive in good time as all walks leave promptly.
- New to our walks? Start with a walk suitable for your walking ability. Our walks are graded as follows:

Slow: a gentle, relaxed pace suitable for beginners and those who need a slower speed. Extra rest stops included.

Moderate: for regular walkers who can maintain a steady pace (2.5mph) for the duration of the walk on uneven ground.

- Keep in mind our leaders are volunteers. Be respectful, listen carefully to any instructions they give and let them lead!
- If you wish to leave the walk, let the walk leader know first.
- Your leader will direct the group during the walk; however, you are responsible for your own safety.

What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- Bring water with you and optional money for café visits (if applicable)
- If attending a Nordic Walk, you will need to bring your own poles, though you are welcome to walk without. Nordic walks include a warm-up pre-walk and a cool down stretch post walk.
- If the walk description has a £ symbol, it means money is needed for parking or a ferry ride. All other car parks or local street parking we use should be free, though do double check signage on the day.
- A walk register will be taken at the start of each walk

Questions?

If you require any further information on the programme, please contact the Sport and Health team. We are here to help.

Email health@elmbridge.gov.uk or telephone 01372 474574

Walk programme key

WC	Toilets at meeting point
RA	Optional refreshments after the walk
RE	Refreshments stop en-route usually 30 minutes (included in timings)
£	There is a cost for parking or ferry ride
<i>Dogs on lead welcome</i>	Well behaved dogs on short leads welcome (Please only bring dogs if specified next to the walk details)
Booking required	To book a free space on our Painshill Park and Claremont walks please email: health@elmbridge.gov.uk Please note: Request emails must be received by 12pm the day before the walk, or by 12pm Friday for weekend and Monday walks.

New Walkers

- Please come and try 1 or 2 of our walks to see if you like them.
- **If you decide to continue attending, please register for FREE with the Elmbridge Wellbeing Walks scheme.**
- Walker registration enables us to
 - Know who is using our scheme and provide programme updates to them (email opt-out is available)
 - Utilise new online register capabilities, whereby our walk leaders can check walkers in via our monitoring system by phone or tablet (either at the walk or after).
 - Create more detailed (anonymised) and accurate statistics to help shape the scheme and justify its future funding.

Register with Elmbridge Wellbeing Walks via:
www.ramblers.org.uk/wellbeing-walks-sign-up

Please note: Wellbeing Walks operate separately to traditional Ramblers walks. You **do not** have to join the Ramblers or pay any fees. All Wellbeing Walks are free to attend.

Help with registration

- Please select 'Ramblers Wellbeing Walks Elmbridge' as your preferred group during the signing up process
- You will need your own, individual email address to register. If you do not have one, or are not online, please call our health phone on **01372 474574** for assistance in registering.
- If you have an email address, please email the Ramblers help team if you need any assistance with online registration for Wellbeing Walks. Their email is ramblers@ramblers.org.uk

Regular weekly and monthly walks

These walks take place either weekly, fortnightly or monthly from the same starting point, at the same time unless otherwise specified. Routes and leaders may vary.

Great for getting into a routine of regular exercise and meeting regular walkers. Most have a café stop at the end (RA). The slow and gentle flat walks are suitable for beginners and will include rest stops where required by the group.

Time	Route	Pace / gradient
Last Monday of the month 10.30-12.00	'Lucky Dip' Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH	Moderate slopes
Weekly, every Tuesday 10.30-11.30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP	Slow, flat
Wednesday weekly from (10 April) 10.30 - 11.15/30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £)	Gentle, small slope (steps on some routes)
1 st Thursday of the month 10.30 -12.00	'Woods and Commons' Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)	Moderate slopes
Weekly, every Friday 10.30 - 11.15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat
Weekly, every Monday 11:00 -11:30 (except bank holidays)	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG. Note: from July RA as café reopens in Xcel	Slow, gentle, mild slope (3 benches)

Weekly, every Thursday 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet outside Wilde Brunch café by Walton bridge carpark. Registration required: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk	Flat
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April 2024

Date / Time	Route	Pace, Gradient
Tues 2 April 10:30 - 12:00	Spring on West End Common WC RA Garsons Farm car park, West End, Esher KT10 8LP. Meet near Farm shop. Leaders: Dave, Karen & Christine	Slow, slopes, steps and lots of stops
Tues 2 April 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 3 April 14:00 - 14:45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL Leaders: Karen, Liz	Slow, slope
Thur 4 April 10:30 - 12:00	'Woods and Commons' Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leaders: Andrew	Moderate slopes
Thur 4 April 10:45 - 12:00	Princess Alice Hospice Bereavement Walk & Talk - Bushy Park Meet at the Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: donna-pariser@pah.org.uk	Slow, flat

Thur 4 April 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 4 April 14:00 - 15:15	Nordic walk: Graburn Way to Bushy Park and back WC RA Meet at river end of Graburn Way, Molesey KT8 9AL Leaders: Pam	Moderate
Fri 5 April 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leaders: Keith	Gentle, slow, flat
Fri 5 April 10:30 - 12:00	Towpath and Weybridge Meet by junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking nearby). Leaders: David G	Moderate flat, stepped ramps
Sun 7 April 11:00 - 12:00	'Two Rivers and a veg patch' Junction of Ray Road, Molesey Park Road and Island Barn Road. West Molesey KT8 Leaders: Karen	Slow, flat
Mon 8 April 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle mild slope
Tues 9 April 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Val, Dave F	Slow, flat

Tues 9 April 14:00 - 16:00	Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slopes
Wed 10 April 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Richmond Park Meet at Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: donnapariser@pah.org.uk	Slow, flat
Wed 10 April 11.00 - 12:15	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 11 April 10:30 - 11:30	Broadwater Lake and towpath WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, flat
Thur 11 April 10:30 - 12:00	Polesden Lacey Estate Park/Meet at far end of Woodlands Road, Effingham, KT23 4HJ Leader: David G	Moderate hilly
Thur 11 April 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email: info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thur 11 April 14:00 - 15:15	Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M	Moderate

Fri 12 April 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 13 April 10:30 - 12:00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 14 April 13:30 - 14:15	“Walk and talk” Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 15 April 10:30 - 12:00	Norbury Park and around WC RA Denbies Vineyard car park, London Road, Dorking, RH5 6AA Leaders: Andrew, David G	Moderate hill, slopes
Mon 15 April 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 15 April 14:00 - 15:00	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT109JG Leaders: Karen Booking required (see key for details)	Slow slope
Tues 16 April 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Tues 16 April 10:30 - 12:00	Cobham and Downside Meet in car park by Downside Bridge, Bridge Road, Cobham, KT11 3LP Leader: David G	Moderate slopes

Wed 17 April 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Painshill Meet in the car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. Booking required: donnapariser@pah.org.uk	Slow, flat
Wed 17 April 10:30 - 11:15/ 11:30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 17 April 14:00 - 15:00	Heron and Leg O’Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen	Slow, flat
Thur 18 April 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: email: info@maryfrancestrust.org.uk or 01372375400 Leaders: Mary Frances staff	Flat
Thu 18 April 14:00 - 15:15	Nordic Walk: WC RA ‘To the Walled Garden and back’ Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG Leaders: Pam, David M	Moderate
Fri 19 April 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL. Leader: Keith	Gentle, slow, flat
Sun 21 April 11:00 - 12:30	Whiteley Village Woods Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 22 April 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Emily, Lily (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

Tues 23 April 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Val, Dave F	Slow flat
Wed 24 April 06:30 - 08:30	Dawn chorus walk on Esher Common Meet at Horseshoe Clump car park, opposite Blackhills, Portsmouth road, Esher KT10 9L Booking required: email countryside@elmbridge.gov.uk Leaders: Susy	Dog friendly (bring binocs if you have them)
Wed 24 April 11:00 - 12:30	Isabella Plantation Colour Broomfield car park, Richmond Park Leaders: Karen, Christine	Slow, slopes
Wed 24 April 10:30 - 11:15/ 11:30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 25 April 10:15 - 12:00	Princess Alice Hospice Bereavement Walk & Talk – Claremont Gardens Meet at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: donnapariser@pah.org.uk	Slow, flat
Thur 25 April 10:30 - 12:00	Walk from Lakewood Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: David G, Andrew	Moderate slopes
Thur 25 April 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email: info@maryfrancestrust.org.uk or call 01372375400 Leaders: Mary Frances staff	Flat

Fri 26 April 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 26 April 10:30 - 12:00	Bookham Commons Hundred Pound Bridge car park, far end of Bookham Road, Downside, KT11 3JT Leaders: Andrew, David G	Moderate slopes
Sat 27 April 10.30 - 12:00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sat 27 April 10:00 - 11:30 (13:40 return)	Hampton court Bridge to Kingston Bridge - boat back optional or self-return (walk/bus) WC RE Meet at river end of Graburn Way, Molesey KT8 9AL. 13:00 40-minute boat ride back is £7.00 Leader: Lily	Moderate flat
Sun 28 April 10:30 - 11:30	Broadwater and Desborough Island Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. WC RA Leader: Charles	Moderate flat, steps
Sun 28 April 13:30 - 14:15	“Walk and talk” Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 29 April 10:30 - 12:00	‘Lucky Dip’ Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leaders: Andrew,	Moderate slopes
Mon 29 April 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

Tues 30 April 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Tues 30 April 11:00 - 12:30	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Karen, Liz (see key for details)	Slow, slopes
Wed 1 May 10:00 - 12:00	Late Spring wildflower identification tour at West End Common meeting at Horseshoe Clump car park, opposite Blackhills, Portsmouth road, Esher KT10 9L Booking required: email countryside@elbridge.gov.uk Leaders: Susy	
Wed 1 May 10:30 - 11:30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Thur 2 May 10:30 - 12:15	Isabella Plantation Colour Broomfield car park, Richmond Park Leaders: Karen, Christine	Slow, slopes
Thur 2 May 10:30 - 12:00	'Woods and Commons' Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thur 2 May 10:45 - 12:00	Princess Alice Hospice Bereavement Walk & Talk – Bushy Park Meet at the Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: donnapariser@pah.org.uk	Slow, flat
Thur 2 May	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required:	Flat

13:00 - 14:00	Email: info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	
Thur 2 May 14:00 - 15:15	Nordic Walk: Cowey Sale to Excel RE Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW Leader: David M	Moderate
Fri 3 May 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 4 May 10:30 - 12:00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 5 May 11:00 - 12:30	Whiteley Village Woods Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slope
Tues 7 May 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Andrew, Dave F	Slow, flat
Tues 7 May 11:00 - 12:30	Isabella Plantation Colour Broomfield car park, Richmond Park Leaders: Karen, Christine	Slow, slopes
Wed 8 May 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Richmond Park Meet at Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start).Booking donna-pariser@pah.org.uk	Slow, flat
Wed 8 May 10:30 - 11:15/ 11:30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)

Wed 8 May 10:30 - 12:00	Milton Heath Circular – Pipbrook Milton Heath car park, Westcott Road (A25), Dorking, RH4 3JU. (signed Bury Hill Fisheries) Leaders: David G, Andrew	Moderate slopes
Thu 9 May 10:30 - 11:30	Broadwater Lake and towpath WC RA Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, flat
Thur 9 May 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thu 9 May 14:00 - 15:15	Nordic Walk: Round Whiteley Village RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Pam, David M	Moderate
Fri 10 May 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sun 12 May 13:30 - 14:15	“Walk and talk” Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if car park full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 13 May 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

Mon 13 May 14:00 - 15:00	Heron and Leg O'Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Christine	Slow, flat
Tues 14 May 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 15 May 06:00 - 08:00	Dawn chorus walk no.2 on Esher Common Meeting at Horseshoe Clump car park, opposite Blackhills, Portsmouth road, Esher KT10 9L Booking required: email countryside@elmbridge.gov.uk Leaders: Susy	(Bring binoculars if you have them)
Wed 15 May 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Painshill Meet in the car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. Booking required: donnapariser@pah.org.uk	Slow, flat
Wed 15 May 10:30 - 11:15/ 30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 15 May 10:30 - 12:00	Historical: Hurst Park Meet Tesco Superstore, Hurst Road, Molesey, West Molesey KT8 1SE Leaders: Anthony, Janet B	Slow, multiple stops
Wed 15 May 14:00 - 15:30	Under and over the ledges Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leader: Karen, Carolyn	Slow, slopes, lots of steps

Thur 16 May 10:30 - 12:00	Broadwater and Desborough Island Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. WC RA Leader: David G	Moderate flat, steps
Thur 16 May 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email: info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thur 16 May 14:00 - 15:15	Nordic Walk: WC RA Graburn Way to Bushy Park and back Meet at river end of Graburn Way, Molesey KT8 9AL Leaders: David M	Moderate
Fri 17 May 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 20 May 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 20 May 14:00 - 14:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Christine Booking required (see key for details)	Slow, flat
Tues 21 May 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat

Wed 22 May 10:30 - 11:15/ 30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 23 May 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Claremont Gardens Meet at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: donnapariser@pah.org.uk	Slow, flat
Thur 23 May 14:00 - 15:15	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thur 23 May 14:00 - 15:15	Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam	Moderate
Fri 24 May 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 24 May 10:30 - 12:00	Headley Heath RA The Cock Inn, Church Lane, Headley KT18 6LE Leader: Andrew	Moderate hills
Sat 25 May 10:30 - 12:00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 26 May 13:30 - 14:15	“Walk and talk” Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)

Mon 27 May 10:30 - 12:00	‘Lucky Dip’ Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leaders: Andrew	Moderate slopes
Tues 28 May 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary’s Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 29 May 10:30 - 11:15 / 30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 29 May 10:30 - 12:00	Black Pond and Longy Down Sandy Lane car park (nearest to A244), Oxshott Leaders: David G	Moderate Slopes
Wed 29 May 14:00 - 14:45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL Leaders: Karen, Liz	Slow, slope
Thur 30 May 10:30 - 12:00	Historical: East Molesey Park Meet Walton Road Car Park, Walton Road, East Molesey KT8 0DL Leaders: Anthony, Janet B £ Paid car parking	Slow, multiple stops
Thur 30 May 10:30 - 11:30	Broadwater Lake and towpath WC RA Covey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, flat
Thur 30 May 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email: info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat

Thur 30 May 14:00 - 15:15	Nordic Walk: WC RA 'To the Walled Garden and back' Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG Leaders: Pam, David M	Moderate
Fri 31 May 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 1 June 18:30 - 20:00	Evening walk: Laleham to Penton Hook Island RA Broadway car park, Laleham, TW18 1RZ Leader: Chris P <i>Dogs on leads welcome</i>	Slow, flat
Sun 2 June 13:30 - 14:15	"Walk and talk" Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if car park full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 3 June 10:30 - 12:00	Horton Country Park WC RA Horton Country Park car park, Horton Lane, KT19 8PL Leaders: Andrew, David G	Moderate flat
Mon 3 June 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 3 June 14:00 - 15:00	Heron and Leg O'Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Gillian	Slow, flat
Tues 4 June 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat

Wed 5 June 10:30 - 11:30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 6 June 10:30 - 12:00	'Woods and Commons' Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leaders: Andrew	Moderate slopes
Thur 6 June 10:45 - 12:00	Princess Alice Hospice Bereavement Walk & Talk – Bushy Park Meet at the Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: donnapariser@pah.org.uk	Slow, flat
Thur 6 June 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email: info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thur 6 June 14:00 - 15:15	Nordic Walk: Desborough Island & towpath Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M WC RA	Moderate
Fri 7 June 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sun 9 June 11:00 - 12:30	Whiteley Village Woods Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	slow, slopes
Mon 10 June 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

Mon 10 June 14:00 - 15:00	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT109JG Leaders: Karen, Liz Booking required (see key for details)	Slow, slopes
Tues 11 June 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 12 June 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Richmond Park Meet at Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: donnapariser@pah.org.uk	Slow, flat
Wed 12 June 10:30 - 11:15 / 30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 12 June 10:30 - 12:00	Historical: Sport on the Hurst Meet at river end of Graburn Way, East Molesey KT8 9AL Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thur 13 June 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email: info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thur 13 June 14:00 - 15:15	Nordic Walk: Round Whiteley Village RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Pam, David M	Moderate

Fri 14 June 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 14 June 10:30 - 12:00	Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leaders: David G	Moderate slopes
Fri 14 June 21:00 - 23:00	Night walk (bats, glow worms etc) on Esher Common Meet at Horseshoe clump car park, opposite Blackhills, Portsmouth road, Esher KT10 9L Booking required: email countryside@elmbridge.gov.uk Leader: Susy	Dog friendly (bring binoculars if you have them)
Sun 16 June 13:30 - 14:15	“Walk and talk” Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 17 June 10:30 - 12:30	Colourful Woodland Gardens RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Christine	Slow, flat
Mon 17 June 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 18 June 10:30 - 11:30	Molesey Circular Walk WC, RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Andrew, Val	Slow, flat

Tues 18 June 10:30 - 12:00	Albury Park and Shere Silent Pool car park, Shere Road (A25), Albury, GU5 9BW Leaders: David G	Moderate hilly
Wed 19 June 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Painshill Meet in the car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. Booking required: donna-pariser@pah.org.uk	Slow, flat
Wed 19 June 10:30 - 11:15/ 11:30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 20 June 10:30 - 11:30	Broadwater Lake and towpath WC RA Covey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, flat
Thur 20 June 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thur 20 June 14:00 - 15:00	Heron and Leg O'Mutton ponds Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen	Slow, flat
Thur 20 June 14:00 - 15:15	Nordic Walk: Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leader: Pam, David M (see key for details)	Moderate hill

Fri 21 June 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 21 June 10:30 - 12:00	Ashted Common RA Meet in The Star pub car park, Kingston Road, Leatherhead KT22 0DP Leader: Andrew	Moderate slopes
Sat 22 June 10:00 - 11:30 (return 13:40)	Hampton court Bridge to Kingston Bridge – optional boat back or self-return (bus/walk) WC RE Meet at river end of Graburn Way, Molesey KT8 9AL. 13:00 40-minute boat ride back is £7.00 Leader: Lily	Moderate flat
Mon 24 June 10:30 - 12:30	Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slope
Mon 24 June 10:30 - 12:00	‘Lucky Dip’ Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leaders: Andrew	Moderate slopes
Mon 24 June 11:00 - 11:30	All inclusive walk or wheel 1km WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 25 June 10:30 - 11:30	Molesey Circular Walk WC RA Meet in council car park by St. Mary’s Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 26 June 10:30 - 12:00	Wey Meadows Junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking nearby) Leaders: David G, Andrew	Moderate slopes, stairs, stiles

Wed 26 June 10:30 - 11:15/ 11:30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 26 June 14:00 - 14:45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL Leaders: Karen, Liz	Slow, slopes
Thur 27 June 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Claremont Gardens Meet at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: donnapariser@pah.org.uk	Slow, flat
Thur 27 June 13:00 - 14:00	Mary Frances Trust: wellbeing walk Wilde brunch café by Walton bridge carpark Registration required: Email info@maryfrancestrust.org.uk Tel: 01372375400 Leaders: Mary Frances staff	Flat
Thur 27 June 14:00 - 15:15	Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M	Moderate
Fri 28 June 10:30 - 11:15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 29 June 18:30 - 20:00	Laleham to Penton Hook Island RA Broadway car park, Laleham, TW18 1RZ Leader: Chris P <i>Dogs on leads welcome</i>	Slow, flat
Sun 30 June 13:30 - 14:15	“Walk and talk” Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)

Elmbridge Cycle Rides

Our group cycle rides welcome anyone competent on a bike, who would like to cycle in a social group to benefit their general wellbeing, be active, and explore the local area. All rides are free.

The weekly rides are led by trained and experienced volunteers. The routes vary in terms of time and length, but all rides are at a gentle pace. Our ride routes largely make the most of the local cycle ways, such as the Thames towpath and cycle lanes, and we do not take groups on busy roads and junctions. All rides have a stop halfway to rest, refuel and socialise so you will not be cycling constantly. If you fall behind, don't worry – your group will wait for you at the next junction or safe place to stop.

Rider's responsibility

- If you are new to our cycle rides, please arrive 10 minutes early and let the leader know. You will be asked to fill out a new cyclist registration form.
- Keep in mind our leaders are volunteers. Be respectful, listen carefully to any instructions they give and let them lead!
- If you wish to leave the ride, let the ride leader know first.
- Your leader will direct the group during the ride; however, **you cycle at your own risk and are responsible for your own safety.**
- Abide by the Highway and Countryside Codes – never ride more than two abreast except when passing. Shout 'Passing!' if you do so.
- Show courtesy to other cycle path, towpath and road users and be a good ambassador for cycling.
- Be alert to what other riders around you are doing and do not get too close to them. Ideally, leave a gap of 2 bike lengths.
- Shout 'Slowing!' or 'Stopping!' if necessary – smooth, gentle manoeuvres work best.

What should I bring on a group ride?

- Any appropriate bike in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic.
- Dress for the weather and bring a spare layer.
- All rides have café stops so bring money / card.
- It is advisable to carry a spare inner tube, pump and tyre levers in case of a puncture.
- At the start of the ride, you will be asked to complete a register with your emergency contact details.

Questions?

Contact the Sport and Health team via email health@elmbridge.gov.uk or call 01372 474574. We are here to help.

Date / Time	Route	Pace, Gradient
Tues 2 April 10.30 - 13.00 <i>* please note this is normally on a Monday</i>	Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance Leaders: Colin, Pam	Gentle speed, flat 16 miles
Mon 8 April 10.30 - 12.30	Thames Ditton to Bushy and Home Parks Circular: Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Pam, Richard	Gentle speed, flat 10 miles

Mon 15 April 10.30 - 13.00	Molesey to Crane Park via Bushy Park. Linear route: Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam	Gentle speed, flat Tunnels 15 miles
Mon 22 April 10.30 - 12:30	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin	Gentle speed, flat but with 1 hill 16 miles
Mon 29 April 10.30 - 13:00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Colin, Richard	Gentle speed, Flat 15 miles
Tues 7 May 10.30 - 13.00	Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Richard	Gentle speed, Flat 16 miles
Mon 13 May 10.30 - 12.30	Molesey to Desborough Island Linear: Thames towpath to and from Desborough Island. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam	Gentle speed, flat 10 miles
Mon 20 May 10.30 - 12:30	'4 Commons' Circular: Through Cow, Littleworth, Arbrook and Esher Commons Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin	Gentle Speed Steep hills & loose gravel 14 miles

<p>Tues 28 May 10:30 - 13:00</p>	<p>Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Richard</p>	<p>Gentle speed, flat but with 1 hill 16 miles</p>
<p>Mon 3 June 10.30 - 13.00</p>	<p>Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Colin, Richard</p>	<p>Gentle speed, Flat 15 miles</p>
<p>Mon 10 June 10.30 - 13.00</p>	<p>Thames Ditton to Littleworth Common Circular: Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Pam, Colin</p>	<p>Flat 10 miles</p>
<p>Mon 17 June 10:30 - 13:00</p>	<p>Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance Leaders: Colin, Richard</p>	<p>Gentle speed, Flat 16 miles</p>
<p>Mon 24 June 10:30 - 13:00</p>	<p>Molesey to Crane Park via Bushy Park. Linear route: Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Colin</p>	<p>Gentle speed, flat, Tunnels 15 miles</p>

Exercise referral (wellness programme)

at the Xcel leisure complex
and at centres for the
community

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