

# WHY WALK?

## Why is walking the perfect activity for health?

- Almost **everyone** can do it.
- You can do it **anywhere** and any time.
- It's a chance to make new **friends**.
- It's **free** and you don't need special equipment.
- You can start **slowly** and build up gently.

## Walking can:

- Make you feel **good**
- Give you more **energy**
- Reduce stress and help you **sleep** better
- Keep your heart strong and reduce **blood pressure**
- Help you manage your **weight**.

# WHAT NEXT?

**Head to your nearest Health Walk and give it a go!**  
You too can walk your way to health!

This service is delivered on behalf of Kent County Council by the NHS.

**For more information:**  
Health Walks Team  
Phone: 0300 123 1220  
Email: [kcht.healthwalks@nhs.net](mailto:kcht.healthwalks@nhs.net)  
[www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)

OYK-52

# GET WALKING

with  
**Ashford Town Area**  
Health Walks

# ONE YOU KENT



# ASHFORD TOWN AREA

## Walking for Fitness



**Day:** Mondays  
**Date:** Ongoing  
**Location:** Conningbrook Hotel Car Park, Canterbury Road, Kennington, Ashford, TN24 9QR  
First and third Monday of month location varies. Please confirm with walk leader.  
**Time:** 9.30am for 9.45am start  
**Length:** Approx 120 mins  
**Contact:** Sally 01233 626597 or 07545 980772.

## Learning Disability Forum

1

**Day:** Mondays  
**Date:** April to November only  
**Location:** Victoria Park, Ashford, TN23  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 60 mins  
**Contact:** 0300 123 1220.  
For people with learning disabilities only, referral required. Wheelchair friendly.

## Willesborough Wanderers

3

**Day:** Tuesday  
**Date:** Ongoing  
**Location:** Blake Court, junction of Church Road and Osborne, Willesborough, Ashford TN24 0DX .  
1st Tuesday of month meeting point varies. Please confirm with Walk Leader.  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 90 mins.  
**Contact:** Colin 01233 623086.  
Dogs on leads welcome.

## New Hayesbank Surgery

2

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** New Hayesbank Surgery, Bybrook, Kennington, TN24 9JZ  
**Time:** 9.30am for 9.45am start  
**Length:** Approx 60 to 90 mins  
**Contact:** Surgery Switchboard 01233 624642  
Two walk options available

## Ashford Library

1

**Day:** Thursdays  
**Date:** Ongoing  
**Location:** Ashford Library, Ashford Gateway Plus, Church Road, Ashford, TN23 1AS  
**Time:** 10.30am for 10.45am start  
**Length:** Approx 60 mins  
**Contact:** 0300 123 1220.  
Dogs on leads welcome.

## Colins Health Walk Plus



**Day:** Second Thursday of month  
**Date:** Ongoing  
**Location:** Meeting point varies every month. Please confirm with walk leader.  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 90 to 120 mins  
**Contact:** Colin 01233 623086

## Singleton Environment Centre

2

3

**Day:** Fridays  
**Date:** Ongoing  
**Location:** Singleton Environment Centre, Wesley School Road, Singleton, Ashford, TN23 5LW  
**Time:** 9.30am for 9.45am start  
**Length:** Approx 75 to 90 mins  
**Contact:** 0300 123 1220.

**Day:** First Friday of month  
**Date:** Ongoing  
**Location:** Location varies. Please confirm with walk leader.  
**Contact:** Colin Southern 07787 504692



## Walk Grades

1 Gentle stroll, shorter distance

2 Brisk walk, slightly further distance

3 Faster pace, longer distance or rough ground



90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.