

London Fields Primary Care Network Wellbeing Walk

Every Tuesday at 1pm Starting from 20th April 2021.

The walk is Approx. 40 minutes long which includes breaks.

Why walk with us?

- For anyone at any pace!
- Helps to gain confidence to get back outside as lockdown eases.
- Helps to build a routine post lockdown.
- Gets us fit and active again.
- Meet new people.
- Improving mental health and wellbeing!

Meet outside Richmond Road Medical Centre, 136 Richmond Road E8 3HN, 15 minutes before the walk begins.

[Click on this link to find out how to get there!](#)

Please do not enter the medical centre to wait for the walk to begin. We will also end the walk outside Richmond Road Medical Centre.

- **Please bring a mask with you. Restrictions and guidance will be practiced throughout the walk to prevent the spread of Covid-19.**
- Please wear comfortable, weather-appropriate clothing for the walk.
- There will be places to sit and stretch along the way if needed.
- We will walk past a public W.C. facility.

You are required to sign up to the walk before you arrive [here](#).

Please contact sadie.alleyne@family-action.org.uk for more information or call
07815993599

