

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.
- 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 and select option 2
Email: kcht.healthwalks@nhs.net

WWW.ONEYOUKENT.ORG.UK



GET WALKING

with
Ashford Town Area
Health Walks

ONE YOU KENT

ASHFORD TOWN AREA

Walking for Fitness



Day: 1st and 3rd Monday of month
Location: Walk location varies, contact Sally for details.
Day: All other Mondays
Location: Conningbrook Hotel Car Park, Canterbury Road, Kennington, Ashford, TN24 9QR
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: Ongoing
Location: Victoria Park, Ashford, TN23
Time: 10.15am for 10.30am start
Length: Approx 60 mins
Contact: 0300 123 1220 option 2.
For people with learning disabilities only, referral required. Wheelchair friendly.

Willesborough Wanderers

3

Day: 1st Tuesday of month
Location: Meeting point varies, contact Colin.
Time: 10.15am for 10.30am start
Length: Approx 90 mins.
Day: Other Tuesdays of month
Location: Blake Court Junction of Church and Osborne Road, Willesborough, Ashford, TN24
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: 01233 624642.

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 75 mins
Contact: 0300 123 1220 option 2.
Dogs on leads welcome.

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 120 mins
Contact: 0300 123 1220 option 2.
Three walk options available.

The Park Club, Ashford

1

Day: Fridays
Date: Ongoing
Location: The Park Club, New Street, Ashford, TN24 8TN
Time: 9.45am for 10am start
Length: Approx 60 mins
Contact: Jess 01233 29909.
All welcome.



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.