
Wellbeing Walks, Nordic walks and cycle rides

1 January to 31 March 2025



Supporting you to get active and stay active

Walk cancellations:

We almost never cancel our walks, but if we do due to bad weather or an unavailable walk leader, we will let you know on our website. It is a good idea to check elbridge.gov.uk/wellbeingwalks or scan this QR code the day before your walk to stay updated.



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 and volunteers. 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.
- On the day of your walk [check our website for updates](http://www.elmbridge.gov.uk/wellbeingwalks) before you set off at [elmbridge.gov.uk/wellbeingwalks](http://www.elmbridge.gov.uk/wellbeingwalks)

What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- Especially in colder months, it's advisable to wear layers and be prepared for wet weather, such as bringing a light packable showerproof layer with you. Some walks may be muddy in wet weather. You may also want to bring 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 enroute usually 30 minutes (included in timings)
£	There is a cost for parking or ferry ride
Dogs on lead welcome	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)
 - Create more detailed (anonymised) and accurate statistics to help shape the scheme and justify its future funding.

Register with Elmbridge Wellbeing Walks via:
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 Meet at 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, Walton Road, East Molesey KT8 0DP	Slow, flat
Wednesday weekly from 10:30 - 11:15/30	Around Walton-on-Thames WC RA Meet at 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)
First Thursday of the month 10:30 - 12:00	‘Woods and Commons’ Meet in 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 Meet at 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 RA Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG	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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July

Date / Time	Route	Pace, Gradient
Wed 1 Jan 10:30 - 11:30	Around Walton-on-Thames RA Meet: 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 2 Jan 10:30 - 12:00	'Woods and Commons' Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thur 2 Jan 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 2 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 2 Jan 14:00 - 15:15	Nordic Walk: RA Bushy Park and the Woodland Gardens Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Pam, David M	Moderate

Fri 3 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way KT8 9AL Leaders: Keith	Gentle, slow, flat
Sun 5 Jan 11:00 - 12:15	Whiteley Village Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 6 Jan 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, Karen (disabled WC and Parking at Leisure centre)	Slow, gentle mild slope
Tues 7 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Andrew, Dave F	Slow, flat
Tues 7 Jan 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
Wed 8 Jan 10:30 - 11:30	Around Walton-on-Thames RA Meet: 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 8 Jan 10:30 - 12:00	Historical walk: An Archaeological walk on Molesey Hurst Sadlers Ride Car Park Molesey, KT8 1ST – Towpath end Leaders: Anthony, Janet B	Slow, flat Multiple stops
Wed 8 Jan 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat

Thur 9 Jan 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 9 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 9 Jan 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 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat
Sat 11 Jan 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Mon 13 Jan 11:00 - 11:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Liz Booking required (see key for details)	45 min: Slow, flat
Mon 13 Jan 11:00 - 11:30/ 11:45	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 14 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Tues 14 Jan 10:30 - 12:00	Black Pond and Longy Down Sandy Lane car park (nearest to A244), Oxshott Leaders: David G	Moderate Slopes
Wed 15 Jan 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: 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 15 Jan 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Painshill Meet: car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 16 Jan 11:00 - 11:45	Heron and Leg O'Mutton ponds RA Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk Leaders: Karen	Slow, flat
Thur 16 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thu 16 Jan 14:00 - 15:15	Nordic Walk: Broadwater lake WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M	Moderate
Fri 17 Jan 10:30 - 12:00	Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, KT19 8PL WC RA Leaders: Andrew, David G	Moderate slopes

Fri 17 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 18 Jan 11:00 - 12:30	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leader: Lily (see key for details)	Moderate
Mon 20 Jan 10:30 - 12:00	'Lucky Dip' Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leader: Andrew	Moderate slopes
Mon 20 Jan 11:00 - 11:30/ 11:45	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 21 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow flat
Wed 22 Jan 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton 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 23 Jan 10:30 - 11:30	Broadwater Lake and towpath WC Cowey Sale car park, Walton Lane, Walton- on-Thames, KT121QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, flat
Thur 23 Jan 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Claremont Gardens Meet: entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat

Thur 23 Jan 11:00 - 12:15	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Karen, Liz Booking required (see key for details)	Slow, slopes
Thur 23 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 23 Jan 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 steps
Fri 24 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 25 Jan 10:30 - 11:15	Hersham Riverside Meet: Waitrose car park (2 hours free) Far end by New Berry Lane KT12 4HL Leader: Carolyn	Slow, flat
Mon 27 Jan 11:00 - 11:30/ 11:45	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 28 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Tues 28 Jan 10:30 - 12:15	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL Leaders: Karen, Chris	Slow, slopes

Wed 29 Jan 10:30 - 11:30	Around Walton-on-Thames RA Meet: 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 Jan 10:30 - 12:00	Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leader: David G	Moderate slopes
Thur 30 Jan 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
Thur 30 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Fri 31 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
<h2>February</h2>		
Mon 3 Feb 11:00 - 11:30/ 11:45	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 Feb 10:30 - 12:30	To the Woodland gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Christine	Slow, Flat

Tues 4 Feb 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 5 Feb 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: 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 Feb 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk – Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thu 6 Feb 10:30 - 12:00	‘Woods and Commons’ Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thu 6 Feb 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thu 6 Feb 13:30 - 14:15	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
Thu 6 Feb 14:00 - 15:30	Nordic Walk: Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leader: Pam Booking required (see key for details)	Moderate hill
Fri 7 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat

<p>Fri 7 Feb 10:30 – 12:00</p>	<p>Historical: The story of Hurst Park Estate Meet at Tesco Superstore, Hurst Road, West Molesey, KT8 1SE Leaders: Anthony, Janet B</p>	<p>Slow, flat multiple stops</p>
<p>Mon 10 Feb 10:30 - 12:00</p>	<p>Broadwater and Desborough Island WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: David G, Andrew</p>	<p>Moderate slopes, steps</p>
<p>Mon 10 Feb 11:00 - 11:30/ 11:45</p>	<p>All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, Aimee (disabled WC and Parking at Leisure centre)</p>	<p>Slow, gentle, mild slope</p>
<p>Tues 11th Feb 10:30 - 11:30</p>	<p>Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F</p>	<p>Slow, flat</p>
<p>Wed 12 Feb 10:15 - 11:30</p>	<p>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk</p>	<p>Slow, flat</p>
<p>Wed 12 Feb 10:30 - 11:15/ 30</p>	<p>Around Walton-on-Thames RA Meet: 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</p>	<p>Gentle, small slope (steps on some routes)</p>
<p>Wed 12 Feb 10:30 - 12:00</p>	<p>Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine</p>	<p>Slow, Slope</p>

Thur 13 Feb 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 13 Feb 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk 01372375400 Leaders: Mary Frances staff	Flat
Thur 13 Feb 14:00 - 15:15	Nordic Walk: RA Bushy Park and the Woodland Gardens Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Pam, David M	Moderate
Fri 14 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 14 Feb 10:30 - 12:00	West End and Esher Commons WC RA Garsons Farm Car park, West End Esher, KT10 8LP. Meet close to farm shop entrance Leader: Andrew, David G	Moderate slopes steps
Sun 16 Feb 11:00 - 12:15	Whiteley Village Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow slopes
Mon 17 Feb 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 17 Feb 11:00 - 12:00	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, slopes

Tues 18 Feb 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Andrew, Val	Slow, flat
Wed 19 Feb 10:30 - 11:15/ 30	Around Walton-on-Thames RA Meet: 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 19 Feb 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Painshill Meet: car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 19 Feb 10:30 - 12:00	A walk from Lakewood Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: David G, Andrew	Moderate slopes
Thur 20 Feb 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 20 Feb 11:00 - 12:15	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Karen, Liz Booking required (see key for details)	Slow slopes
Thur 20 Feb 14:00 - 15:15	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 20 Feb 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 21 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL. Leader: Keith	Gentle, slow, flat
Sat 22 Feb 11:00 - 12:30	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leader: Lily (see key for details)	Moderate
Mon 24 Feb 10:30 - 12:00	'Lucky Dip' Country walk WC RA Meet: Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leaders: Andrew	Moderate slopes
Mon 24 Feb 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG Leaders: Faye, Aimee (Monica) (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 24 Feb 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, Chris	Slow, slopes
Tues 25 Feb 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 26 Feb 10:30 - 11:15 / 30	Around Walton-on-Thames RA Meet: 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 27 Feb 10:30 - 12:00	Yews, views and PoWs WC RA Newlands Corner car park (far end), off A25, GU4 8SE Leaders: Andrew, David G	Moderate hill slopes

Thur 27 Feb 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens Meet: at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 27 Feb 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 1372375400 Leaders: Mary Frances staff	Flat
Thur 27 Feb 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: Pam	Moderate
Fri 28 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
<h2>March</h2>		
Sun 2 March 11:00 - 12:15	Whiteley Village Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 3 March 10:30 - 12:00	Woodland Gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk Leaders: Karen, Christine	Slow, flat
Mon 3 March 11:00 - 11:30/ 11:45	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 4 March 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 5 March 10:30 - 11:30	Around Walton-on-Thames RA Meet: 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 6 March 10:30 - 12:00	'Woods and Commons' Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leaders: Andrew	Moderate slopes
Thur 6 March 10:30 - 12:00	Historical: Remembering Hurst Park Racecourse Meet at Tesco Superstore, Hurst Road, West Molesey, KT8 1SE Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thur 6 March 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 6 March 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 6 March 14:00 - 15:15	Nordic Walk: Broadwater lake WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam	Moderate
Fri 7 March 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat

Sat 8 March 10:30- 12:00	Mickleham Downs RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sat 8 March 11:00 - 12:30	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Lily (see key for details)	Moderate
Mon 10 March 11:00 - 11:45	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
Mon 10 March 11:00 - 11:30/ 11:45	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 11 March 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 12 March 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 12 March 10:30 - 11:15 / 30	Around Walton-on-Thames RA Meet: 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 12 March 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 12 March 11:00 - 12:15	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Karen, Chris (see key for details)	Slow, slopes
Thur 13 March 10:15 - 11:00	Princess Alice Hospice Bereavement Walk and Talk -Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 13 March 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 13 March 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 14 March 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 17 March 10:30 - 12:00	Bushy Park RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Andrew, David G	Moderate flat
Mon 17 March 11:00 - 11:30/ 11:45	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 17 March 10:30 - 12:30	Woodland Gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk Leaders: Karen	Slow, Flat
Tues 18 March 10:30 - 11:30	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 19 March 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Painshill Meet: car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 19 March 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: 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 19 March 11:00 - 11:45	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 20 March 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk 01372375400 Leaders: Mary Frances staff	Flat
Thur 20 March 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 21 March 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 21 March 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 22 March 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sat 22 March 11:00 - 12:30	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Lily Booking required (see key for details)	Moderate
Mon 24 March 11:00 - 11:30/ 11:45	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 March 10:30 - 11:30	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat
Tues 25 March 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
Tues 25 March 10:30 - 12:00	Towpath and Wey Meadows Meet by junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking nearby). Leader: David G	Moderate flat, stepped ramps

Wed 26 March 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: 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	Slow, slopes
Thur 27 March 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 27 March 10:30 - 12:00	Ashted Common RA Meet in The Star pub car park, Kingston Rd, Leatherhead KT22 0DP Leaders: Andrew	Moderate slopes
Thur 27 March 14:00 - 15:30	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 28 March 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 31 March 10:30 - 12:00	'Lucky Dip' Country walk WC RA Meet: Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leaders: Andrew	Moderate slopes
Mon 31 March 11:00 - 11:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Liz Booking required (see key for details)	Slow, flat
Mon 31 March 11:00 - 11:30/ 11:45	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

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
Mon 6 Jan 10:30 - 12:45	<p>Molesey to Richmond park Circular: Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park - Ham common - Teddington foot bridge - Bushy park - towpath. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin</p>	Gentle speed, flat but with 1 hill 16 miles
Mon 13 Jan 10:30 - 13:00	<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, Pam</p>	Gentle speed, flat 15 miles
Mon 20 Jan 10:30 - 13:00	<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: Richard, Jack</p>	Gentle speed, Flat 16 miles

Mon 27 Jan 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: Richard, Jack	Gentle speed, flat 16 miles
Mon 3 Feb 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: Colin, Pam	Gentle speed, Flat 10 miles
Mon 10 Feb 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, Colin	Gentle speed, flat, Tunnels 15 miles
Mon 17 Feb 10:30 - 13:00	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, Richard	Gentle speed, flat but with 1 hill 16 miles
Mon 24 Feb 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, Pam	Gentle speed, Flat 15 miles
Mon 3 March 10:30 - 13:00	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: Richard, Colin	Gentle speed, Flat 16 miles

<p>Mon 10 March 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, Richard</p>	<p>Flat 10 miles</p>
<p>Mon 17 March 10:30 - 12:30</p>	<p>Molesey to Weybridge Linear: Towpath to Weybridge - and back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Pam</p>	<p>Gentle speed, flat 9 miles</p>
<p>Mon 24 March 10:30 - 13:00</p>	<p>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: Pam, Colin</p>	<p>Gentle speed, flat 16 miles</p>
<p>Mon 31 March 10:30 - 12:45</p>	<p>Molesey to Richmond park Circular: Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park Ham common – Teddington foot bridge - Bushy park - towpath. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam</p>	<p>Gentle speed, flat but with 1 hill 16 miles</p>

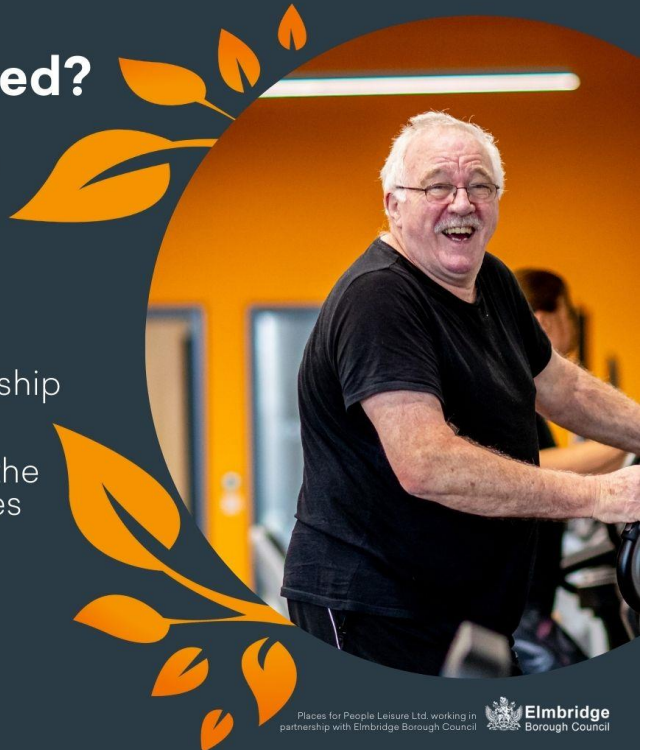


Supporting People with long-term health conditions at Elmbridge Xcel Leisure Complex

Our Exercise Referral programme offers expert, personalised support to increase your physical activity and enhance your health and wellbeing

What is included?

- Expert guidance from qualified instructors
- Personalised health programme
- Discounted membership
- Unlimited access to the gym, pool, and classes
- Drop-in sessions



Ask your GP for more details
elmbridge.placesleisure.org



Yoga for Mental Wellbeing

Time Every Wednesday
12pm to 1pm

Venue Elmbridge Xcel Leisure Complex, Waterside Drive,
Walton-on-Thames, KT12 2JG
///thigh.stays.alarm

Description Fun, casual drop-in Yoga session for people
experiencing mental health problems. All equipment is
provided with all abilities welcome!

This group is provided **FREE** by mental health charity Sport In Mind for the
benefit of local people. Your local representative is Amy!

   @sportinmind  info@sportinmind.org  www.sportinmind.org  01189479762



**Sport
In Mind**

Working in partnership with





Sophie's Stars

The guiding light through cancer

Coffee meet up

We understand that supporting someone else through cancer treatment can be difficult. Our charity is full of people who have experienced cancer through someone else and understand what that feels like. Come and join us for a coffee morning where you can talk to people who are going through similar experiences to you.

Who: carers of cancer patients

When: Every other Tuesday at 1.30-2.30pm

Where: Costa Coffee, Xcel Leisure Centre, Waterside Drive, Walton on Thames, KT12 2JG

Please feel free to just turn up, or contact us on the email address below to find out more.

www.sophiesstars.co.uk

leanne@sophiesstars.co.uk

 [@sophiesstars1](https://www.instagram.com/sophiesstars1)

 [Sophie's Stars](https://www.facebook.com/Sophie's Stars)





MEN'S PITSTOP

A SPACE FOR NEW CONVERSATIONS

Don't carry the weight of what's troubling you. Come and have a chat about it at Pit stop. Peer to peer support for men.

FROM THE 13TH NOVEMBER 2024

The Elmbridge Men's Pit Stop, a confidential safe space runs every Wednesday starting at 7.30 to 8.30pm

*Three Rivers Family Centre (Spurgeons) -
located next to Chandler's Field Primary School
High Street
West Molesey
KT8 2LX*



*Please contact Blair if you would like more details on
07815 556320, blair.parrott@surreycc.gov.uk
Together stronger*



*With thanks to Spurgeons Elmbridge Family Centre
for their offer to use the Centre*