

# Healthy Walks and Jog Programme



Organised by Brent Council's Sports Service

**April 2010 - March 2011**



- all welcome, especially those new to physical activity
- have fun and meet new people
- improve your health and fitness
- feel safe walking or jogging in a group
- all walks are free
- a small fee applies to some jogs



[www.brent.gov.uk/sports](http://www.brent.gov.uk/sports)

Tel: 020 8937 3707

# Healthy Walks Programme information

- all walks are free
- no need to book, just turn up
- walks are for one hour and are low-moderate paced
- no walks on bank holidays
- each walk will be led by a qualified and experienced walk leader
- walk leaders can be identified by their blue Brent Council Sports Service uniform
- please wear comfortable clothing and footwear
- you can walk at your own pace
- make new friends or bring a friend
- stay for a cup of tea or coffee after a walk (\*where applicable)

Curious about the history of your parks and their surrounding areas? Brent Museum and Brent Archives will be delivering local history talks at the end of selected walks this year. Watch out for news on dates and venues.

**Please note** the healthy walks programme may be subject to change. For more information please contact Brent Council's Sports Service on **020 8937 3707** or visit **[www.brent.gov.uk/sports](http://www.brent.gov.uk/sports)**



1

*Walk your way to a  
happier, healthier you!*

Tel: 020 8937 3707

**Where:** Barham Park, Harrow Road, Sudbury, HA0 2HB  
**When:** Tuesdays, 10.30 - 11.30am  
**Meeting Point:** Entrance opposite Police Station and Post Office on Harrow Road  
**Date:** April 2010 - March 2011  
**Bus routes:** 18, 92, 182, 204  
**National rail/tube:** Sudbury Town Station (Piccadilly Line)



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**Where:** Fryent Country Park, Fryent Way, Kingsbury, London, NW9  
**When:** Wednesdays, 1.55pm  
**Meeting Point:** Bush Farm at the junction of Slough Lane and Salmon Street  
**Date:** April 2010 - March 2011  
**Bus routes:** 83, 302, PR2  
**National rail/tube:** Kingsbury Station (Jubilee Line)

**Please note this is not a Brent Council walk.**

**Please contact Kingsbury Walkers on 020 8907 2836**



# Healthy Walks Programme

**Where:** Gladstone Park, Dollis Hill Lane, London, NW2\*  
**When:** Fridays, 1.30 - 2.30pm and  
Sundays, 10.30 - 11.30am  
**Meeting Point:** Dollis Hill Lane entrance (by the car park)  
**Date:** April 2010 - March 2011  
**Bus routes:** 16, 182, 226, 232, 245, 332  
**National rail/tube:** Dollis Hill (Jubilee Line)



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**Where:** King Edward VII Park, Park Lane,  
Wembley, HA9 7RX  
**When:** Thursdays, 10.30 - 11.30am  
**Meeting Point:** Park Lane entrance,  
adjacent to Park Lane School  
**Date:** April 2010 - March 2011  
**Bus routes:** 18, 79, 83, 92, 182, 204, 224, 233, 297  
**National rail/tube:** Wembley Central (Bakerloo Line and London Overground)



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**Where:** King Edward VII Recreation Ground\*  
(situated behind Willesden Sports Centre)  
Donnington Road, Willesden, NW10 3QX  
**When:** Tuesdays, 6.30 - 7.30pm  
**Meeting Point:** Willesden Sports Centre café area  
**Date:** April 2010 - 28 September 2010  
**Bus routes:** 6, 52, 187, 206, 226, 302  
**National rail/tube:** Willesden Junction (Bakerloo Line and London  
Overground) Willesden Green and Dollis Hill  
(Jubilee Line)



**Where:** Queens Park, Harvist Road, London NW6\*  
**When:** Sundays, 2 - 3pm  
**Meeting Point:** Outside the café  
**Date:** April 2010 - March 2011  
**Bus routes:** 6, 36, 187, 206, 316  
**National rail/tube:** Queens Park (Bakerloo Line and London Overground)



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**Where:** Roe Green Park, Kingsbury High Road, Kingsbury, NW9  
**When:** Sundays, 10.30 - 11.30am  
**Tuesdays, 6.30 - 7.30pm**  
**Meeting Point:** Outside the adventure playground  
**Date:** April 2010 - March 2011  
**20 April 2010 - 28 September 2010**  
**Bus routes:** 183, 204  
**National rail/tube:** Kingsbury Station (Jubilee Line)



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**Where:** Roundwood Park, Harlesden Road, London, NW10\*  
**When:** Wednesdays, 10.30 - 11.30am and Sundays, 11 - 12 noon  
**Meeting Point:** Outside café  
**Date:** April 2010 - March 2011  
**Bus routes:** 52, 98, 206, 226, 297  
**National rail/tube:** Willesden Junction (Bakerloo Line and London Overground), Dollis Hill (Jubilee Line)



## Nature Walk

- Where:** Welsh Harp, Birchen Grove, Kingsbury, NW9\*
- When:** Thursdays, 10 - 11am
- Meeting Point:** Welsh Harp Open Space car park
- Date:** April 2010 - March 2011
- Bus routes:** 83, 182, 245, 297, 302



## Parent and baby walk

- Where:** Roundwood Park\*
- When:** Tuesdays, 10.30 - 11.30am
- Meeting Point:** Outside the café
- Date:** April 2010 - March 2011
- Bus routes:** 52, 98, 206, 226, 297
- National rail/tube:** Willesden Junction (Bakerloo Line and London Overground) Dollis Hill (Jubilee Line)



5

*There are 10,080 minutes  
in a week so find 3x30  
minutes to move more!*

Tel: 020 8937 3707

## Comments from current healthy walkers

- “ I like the walks because they take place regularly so making it a part of the committed walker’s week, rain or shine. ”
- “ I enjoy the walks for the exercise and the social enjoyment. I walk most days, but I find that when it rains I go on the walks to meet all the people. ”
- “ The walks programme gets me out of the house, gives me an interest, keeps me healthy and is a very sociable experience. I have met many people who I used to know when my children were small and had lost touch with. ”
- “ Look forward to walking around Barham Park, its healthy and sociable. It’s good to know that you can go at your own pace. ”
- “ Attend walks because I am retired and in need of continued exercise. I like walking and it keeps me fit and healthy. I also enjoy the surroundings and the wonderful company I meet. ”
- “ I joined the walks over three years ago mainly to lose weight. Now I enjoy it because I have met lots of nice people and they have nice walk leaders. ”



## Interview with a current walk leader, Natasha Bailey.



### What walk/s do you lead?

*I currently lead the Sunday Roundwood Park walk. I used to lead the Roundwood Park parent & baby walk and have regularly covered the Friday Gladstone Park Walk.*

### How long have you been a walk leader?

*I have been a walk leader since the summer of 2006.*

### What do you enjoy most about being a walk leader?

*The walks mean so much to so many people and I enjoy the fact that we as walk leaders are encouraging people to lead healthy and active lifestyles.*

### What would you say the benefits of the walk programme are?

*The walk programme is extensive and accessible to all as walks run six days a week.*

### **Do you have any good news stories about the walkers?**

*We have had so many good news stories, many of them featured in the Brent Magazine and local newspapers. One walker in particular springs to mind, a lady who had been to every single walk Brent runs, she was fantastic and so motivated, her goal was to lose weight and she achieved that goal.*

### **Are there any positive effects on your lifestyle that have come about since you started as a walk leader?**

*I have always led an active lifestyle but since becoming a walk leader I have realised that walking is one of the best forms of exercise and as a result I walk a lot more and take part in walking events. I am also never without my pedometer and aim to do 10,000 steps per day.*

### **What would you say to someone that was interested in coming along to one of the walks?**

*It's one of the best ways to get active, in the presence of good company. An hour flies by while you are busy walking and chatting away.*

### **How would you describe the group of walkers that attend your walks?**

*The Sunday Roundwood walkers are like my family, I look forward to seeing them every Sunday. They are a bubbly bunch, a great laugh and a joy to walk and talk with.*

### **Any other comments?**

*If you have not yet attended a walk, make 2010 the year you try one out!*

# Brent Jog Programme information

- no need to book, just turn up
- jogs are 45 minutes (includes 15 minutes warm up and cool down)
- beginners and intermediates welcome
- no jogs on bank holidays
- please arrive ten minutes before the start of the jog
- each jog will be led by a qualified jog leader
- jog leaders can be identified by their blue Brent Council Sports Service uniform
- please wear comfortable clothing and footwear
- you can jog at your own pace
- make new friends or bring a friend

**Please note** the Brent Jog Programme may be subject to change. For more information please contact Brent Council's Sports Service on **020 89737 3707** or **[www.brent.gov.uk/sports](http://www.brent.gov.uk/sports)**



- Where:** Willesden Sports Centre, Donnington Road, Willesden, NW10 3QX
- When:** Thursdays, 7 - 8pm
- Meeting Point:** Willesden Sports Centre café area
- Date:** April 2010 - March 2011
- Bus routes:** 6, 52, 187, 206, 226, 302
- National rail/tube:** Willesden Junction (Bakerloo Line and London Overground) Willesden Green and Dollis Hill (Jubilee Line)
- Cost:** £2.20 non Willesden Sports Centre members



**Please note this is not a Brent Council jog.**  
**Contact 020 8955 1120 and ask for the Sports Development Officer**

- Where:** Roundwood Park, Harlesden Road, London, NW10
- When:** Saturdays, 10.30 - 11.15am
- Meeting Point:** Outside the café
- Date:** 17 April 2010 - March 2011
- Bus routes:** 52, 98, 206, 226, 297
- National rail/tube:** Willesden Junction (Bakerloo Line and London Overground) Dollis Hill (Jubilee Line)
- Cost:** FREE



*Jog your way to a  
happier, healthier you!*

Email: [sportsservice@brent.gov.uk](mailto:sportsservice@brent.gov.uk)

# Brent Jog Programme

<b>Where:</b>	King Edward VII Park, Park Lane, Wembley, HA9 7RX.	 
<b>When:</b>	Tuesdays, 6.00 - 6.45pm	
<b>Meeting Point:</b>	Park Lane entrance, adjacent to Park Lane School	
<b>Date:</b>	April 2010 - 28 September 2010	
<b>Bus routes:</b>	18, 79, 83, 92, 182, 204, 224, 233, 297	
<b>National rail/tube:</b>	Wembley Central (Bakerloo Line and London Overground)	
<b>Cost:</b>	FREE	

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<b>Where:</b>	Sudbury Court Running Club. Various routes
<b>When:</b>	Tuesdays and Thursdays, 7.15pm
<b>Meeting Point:</b>	Wembley and Sudbury Tennis Club, Sylvester Road, Wembley, HA0 3AB
<b>Date:</b>	April 2010 - March 2011
<b>Bus routes:</b>	18, 245
<b>National rail/tube:</b>	Wembley Central (Bakerloo Line and London Overground) and North Wembley (Bakerloo Line and London Overground)
<b>Cost:</b>	Free taster session. <i>Full membership costs £40 annually</i>
<b>Facilities:</b>	Changing rooms with hot showers and toilets, kitchen area and bar

**Please note this is not a Brent Council jog.**

**For further information please visit [www.sudburycourt.org](http://www.sudburycourt.org)**



You can swim for free during public swimming sessions once you have completed a form at Vale Farm or Willesden Sports Centre if you are:

- aged 60 or over
- disabled (with certificate of registration)
- aged 16 and under
- aged under five

**Please contact the sports centres for further information**



*One step at a time...*

Email: [sportsservice@brent.gov.uk](mailto:sportsservice@brent.gov.uk)

### Move more at Brent Council's sport centres

The council's four sports centres offer a wide range of facilities and activities including 50+ and disability programmes and women only sessions.

Be smart, Be healthy, Be active and get reductions at Brent's sports centres with the B.Active scheme.

**To receive a £5 off discount voucher on your B.Active card, contact Sports Service, 020 8937 3707**

#### Bridge Park Community Leisure Centre

Brentfield, Harrow Road, NW10 0RG

**Tel.** 020 8937 3730

#### Charteris Sports Centre

24-30 Charteris Road, Kilburn, NW6 7ET

**Tel.** 020 7625 6451

#### Vale Farm Sports Centre

Watford Road, North Wembley, HA0 3HG

**Tel.** 020 8908 6545

#### Willesden Sports Centre

Donnington Road, Willesden, NW10 3QX

**Tel.** 020 8955 1120

**For more information please contact the sports centres directly or visit [www.brent.gov.uk/sports](http://www.brent.gov.uk/sports)**



THE LONDON BOROUGH OF  
**BRENT**



**A - Barham Park**

**B - Fryent Country Park**

**C - Gladstone Park**

**D - King Edward VII Park,  
Wembley**

**E - Queens Park**

**F - Roundwood Park**

**G - Welsh Harp**

**H - Roe Green**

**I - King Edward VII  
Recreation Ground, Willesden**

**J - Willesden Sports Centre**