

Out and About

Activities and events for adults
with a learning disability

Strictly Come Walking

Walking group for adults with a learning
disability and their PAs/carers

April - June 2024



Funded
by



Croydon
South West
London
Integrated
Care System

Difficulty Ratings for Walks



Wheelchair accessible venue / event



Ground is flat and suitable for everyone, lots of good paths



Some hills or difficult areas, such as mud, steps or small dips



Challenging, might be a lot of mud, could be very hilly, may be lots of rocks

SCW = Strictly Come Walking Event



I am Emily. I am the Strictly Come Walking and Out and About Project Lead

Please contact me to book onto any of the activities or events, or if you have any questions.

My colleagues and I take it in turns to lead the sessions. I will email to tell you who is leading the session and give you their phone number.

For any questions please email, WhatsApp or text me. If you want to call and I don't answer, please leave a voicemail and I will get back to you.

April 2024

Saturday

6

SCW: Beddington Park

1



**This weeks chat
topic: Autism
Acceptance Week**



**Meeting point: West Croydon Bus Station at 10 -
OR- Church Road Bus Stop (GT) at 10:30**

Bring with you: Money for the cafe, or a packed lunch

Wear a spectrum of colours and celebrate Autism Acceptance Week! Meet us at West Croydon and we will travel by bus. We will walk round this beautiful park and have a drink in the café. There is even a pond where we can try to spot dragonflies!

April 2024

Saturday

13



SCW: Morden Hall Park

1



Five Ways to Wellbeing!



Meeting point: Church Street Tram Stop at 10am

Bring with you: Money for a drink, a packed lunch or money for food

We will travel by bus to the park and explore, there is a garden centre a shop and a café too! After the walk we will go back to Lebanon Road.

April 2024

Saturday

20



SCW: Mellow's Park

2



**Little things we
can do for our
health**

Meeting point: West Croydon Bus Station at 10:00 -OR- Mellows Park Bus Stop (Stop W) at 10:30

Bring with you: Money for a drink, a packed lunch or money for food

We will travel by bus to the park. It is famous for its beautiful flower beds and ancient trees. There is also a lovely cafe. We will go back to West Croydon together afterwards.

April 2024

Saturday

27



SCW: Park Hill and Wellbeing Day ³

**Special Guest:
Gifty!**



Meeting point: Outside Fairfield Halls

Bring with you: Money for a drink, a packed lunch or money for food

We will take a park in lovely Park Hill and look at the walled garden. After that we will go back to Our Space for a special relaxing wellbeing session with Gifty.

May 2024

Saturday

4



SCW: Lloyd Park Bluebells

2



**This weeks chat
topic: Vitamin D
and health**

**Meeting point: Lebanon Road tram stop at
10:00 -OR- Lloyd Park Café at 10:30**

**Bring with you: Money for a drink, a packed lunch or
money for food**

We will get the tram to Lloyd Park and head to the woods to find Bluebells! If we have time we can also go to Coombe Woods too and see their ornamental gardens!

May 2024

Saturday

11



SCW: Trip to London!

2

Please book in advance, places will go fast!



Meeting point: East Croydon train station at 10am

Bring with you: Money for a drink, a packed lunch or money for food

We will take the train to a London park - we haven't decided which yet, let us know your favourite and we can have a vote!

May 2024

Saturday

18



SCW: Wheels For Wellbeing and South Norwood Country Park

3

**This weeks chat
topic: tbc**



Meeting point: Lebanon Road Tram stop at 09:30 -OR- Croydon Arena at 10am or 11am, Albert Rd, London SE25 4QL

Bring with you: £5 if you want to ride the bikes. Money for a drink, a packed lunch or money for food

We will get the tram to Croydon Arena. Then if you want to ride the bikes we will go to Wheels For Wellbeing. If you do not wish to ride the bikes meet us at 11am at Arena for the walk around South Norwood Country Park

May 2024

Saturday

25



SCW: Crystal Palace

2



**This weeks chat
topic: tbc**

**Meeting point: West Croydon Bus Station at 10am or
Crystal Palace Overground Station at 10:45am**

**Bring with you: Money for a drink, a packed lunch or
money for food**

We will get the overground to Crystal Palace, have a walk
and then a picnic! Bring food for yourself or to share and
staff will bring some too.

June 2024

Saturday

1



SCW: Grange Park and New Hill

3



**This weeks chat
topic: tbc**

**Meeting point: Outside Fairfield Halls at 10am or at
Grange Park at 10:45**

**Bring with you: Money for a drink, a packed lunch or
money for food**

Meet us at Fairfield Halls and we will get the bus. First we
will visit Grange Park then over the road to New Hill Woods!

June 2024

Saturday

8



10:00



13:00

SCW: Park Hill and Tennis

2



**This weeks chat
topic:**

Meeting point: Outside Fairfield Halls at 10am

Bring with you: Money for a drink, a packed lunch or money for food

Park Hill and the walled gardens, a trip to the lovely cafe and last but not least, a game of Tennis! We will bring balls and rackets and play a version that is accessible for everyone.

June 2024

Saturday

15



SCW: Kelsey Park

2



**This weeks chat
topic: tbc**

**Meeting point: In front of Fairfield Halls at 10 -or-
Kelsey park Cafe at 10:45**

**Bring with you: Money for a drink, a packed lunch or
money for food**

We will get the SuperLoop Bus to the park and walk around
the lake a few times, there are some beautiful birds and
flowers and even an island full of Herons!

June 2024

Saturday

22



SCW: Lavender Fields and Oak Park

2

**This weeks chat
topic: tbc**



**Meeting point: West Croydon Bus Station at 10am or
Lavender Fields at 11am**

**Bring with you: Money for a drink, a packed lunch or
money for food**

A walk around the stunning Lavender fields followed by a drink in the cafe. After that we will head to the beautiful Oaks Park before getting the bus back to West Croydon.

June 2024

Saturday

29



SCW: Picnic at MHA The Wilderness

2



**This weeks chat
topic: tbc**

**Meeting point: Lebanon Road trams stop at 10am or
MHA Wilderness at 10:30**

**Bring with you: Money for a drink and cake and a packed
lunch**

A special picnic with lots of events going on, bring your own food and staff will bring some too! MHA is a beautiful hidden gem in Croydon!

What if it rains?

Rain! We love it and we hate it! Different things will happen depending on the session if it rains.

If the rain is light or just showers and the walk is a 1 rating, it will still go ahead - just bring an umbrella and a rain coat!

If the rain is heavy or the walk is a 2 or a 3 then we will just meet up in a cafe for an hour or so.

If you are unsure what will happen contact the walk leader the night before or the morning of the walk.