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























Difficulty Ratings for Walks



Wheelchair accessible venue / event

- 1
- Ground is flat and suitable for everyone, lots of good paths
- 2
- Some hills or difficult areas, such as mud, steps or small dips
- 3
- 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.

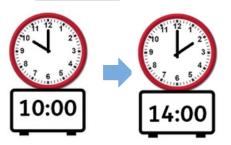
For any questions please email, WhatsApp or text me. If you want to call and I don't answer, please leave a voicemail and I will get back to you.

Saturday

6

SCW: Beddington Park





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!



13

SCW: Morden Hall Park











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 wil go back to Lebanon Road.

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 it's beautiful flower beds and ancient trees. There is also a lovely cafe. We will go back to West Croydon together afterwards.

Saturday

SCW: Park Hill and Wellbeing Day

27



Special Guest: Gifty!



Meeting point: Outside Faifield 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.



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!

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!

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

Saturday

25

SCW: Crystal Palace





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.

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!



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.

Saturday

15

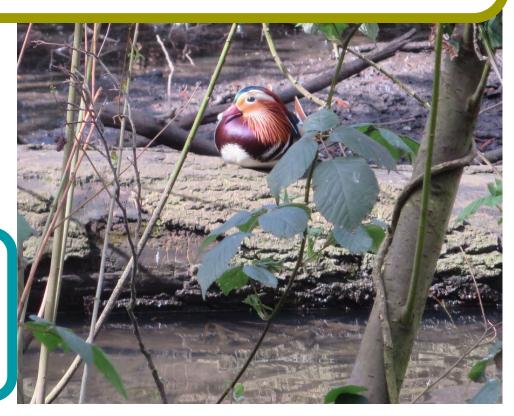
SCW: Kelsey Park

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!

Saturday

22

SCW: Lavender Fields and Oak Park



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.

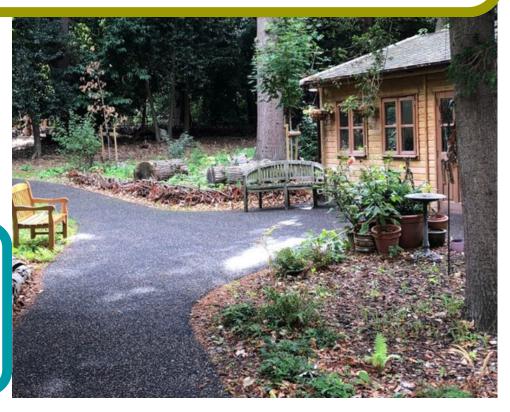
Saturday

29

SCW: Picnic at MHA The Wilderness



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 and 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.