

## **Walking in East Kent for those with disabilities**

### **Disabled Ramblers**

The Disabled Ramblers exists to help mobility-challenged people get back out into the countryside.

<http://disabledramblers.co.uk/>

### **East Kent Health Walks**

Julia Wells East Kent Health Walks Coordinator

Martyn Jordan (Volunteer Coordinator)

0300 123 1220 (Option 2 followed by Option 2)

[kcht.healthwalks@nhs.net](mailto:kcht.healthwalks@nhs.net)

### **East Kent Health Walks - Ashford**

<https://www.walkingforhealth.org.uk/walkfinder/south-east/east-kent-health-walks-ashford>

### **Ashford Learning Disability Walk**

organised by the Ashford Learning Disability Team for their service users

<https://www.walkingforhealth.org.uk/content/ashford-learning-disability-walk>

### **Tenterden Disabled in Action**

Wednesday 10.30am start, contact Ashford TN306AT

<https://www.walkingforhealth.org.uk/content/tenterden-disabled-action>

### **East Kent Health Walks - Canterbury**

<https://www.walkingforhealth.org.uk/walkfinder/south-east/east-kent-healthwalks-canterbury>

### **Herne Bay Pram and mobility disabled walks**

organised by a staff member from the local Children's Centre

<https://www.walkingforhealth.org.uk/content/herne-bay-pram-friendly>

### **Swalecliffe Learning Disability walks**

<https://www.walkingforhealth.org.uk/content/swalecliffe-learning-disability-walk>