

WELLNESS WALK
LONDON BRIDGES


YOUR EVENT GUIDE

SUNDAY,
28 SEPTEMBER
2025



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Headline sponsor

FreeStyle 

WALKING FOR A HAPPIER, HEALTHIER FUTURE

READY? LET'S WALK

Thank you so much for being part of our Wellness Walk London Bridges. We are so pleased to have you on the team, joining us in walking towards a world where diabetes can do no harm.

To get set for your Wellness Walk, we've included all the information you need about the day itself and your fundraising. If you are new to exercise, or have any medical conditions which could be affected by increased activity, please check with your doctor before you start training.

Please check out our resources page for tips on walking and training. **fundraise.**
diabetes.org.uk/event/wellness-walks/resources

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THE DIFFERENCE YOU'LL MAKE

Wellness Walks are about making a difference. For your own health, and for everyone living with diabetes.

Living with diabetes is relentless. It can be frustrating and complicated. It can be lonely. Together we can make sure it doesn't have to be.

Your fundraising could keep our trained helpline advisors answering the phone, getting people through the difficult days and supporting them to overcome the challenges diabetes brings.

It could pay for our local support groups, changing lives one cup of tea at a time. Or help us continue to campaign for better care and help us fight to make sure everyone has access to the treatment they need.

Diabetes can also cause complications like sight loss, amputation and stroke. We're working on new treatments to prevent these complications, but it's only with your support that this research is possible.

Every penny you raise helps us to fight for a world where diabetes can do no harm. Thank you for walking with us.



WHAT YOU NEED TO KNOW

10 MILE

Where do we start?



We recommend you travel to Battersea Park train station. It's one stop on the train from Victoria Station with only a 10 minute walk into the centre of the park where our event will start. You can use **tfl.gov.uk** to plan your journey before you travel.

Alternatively Battersea Power Station Underground Station is a 20 minute walk away from the Bandstand and is on the Northern Line of the London Underground.

Arrive 30 minutes before your start time – your chosen slot has been sent to you by email.

The what3words location is:
[///wished.status.spoken](https://www.what3words.com/#!/wished.status.spoken)

5 MILE

Where do we start?



We recommend you travel to London Bridge station, only a 10 minute walk from our event start line with Jubilee, Northern line and National Rail links.

Alternatively, use Tower Hill Underground Station across the Thames, which is approx. 13 mins walk away and is on the District and Circle Lines.

You can use **tfl.gov.uk** to plan your journey before you travel.

Arrive 30 minutes before your start time. Start time is 11am.

The what3words location is:
[///grew.cool.shells](https://www.what3words.com/#!/grew.cool.shells)

Where do we finish?

All Wellness Walkers finish at **Potter's Fields Park, London SE1 2AA.**

The nearest station from Potters Fields Park is London Bridge station just over 10 minutes' walk away with Jubilee, Northern line and National Rail links.

The what3words location is:
[///grew.cool.shells](https://www.what3words.com/#!/grew.cool.shells)

What do I get?

You have access to free, downloadable wellness resources including a wellness journal on our website **fundraise.diabetes.org.uk/event/wellness-walks/resources**

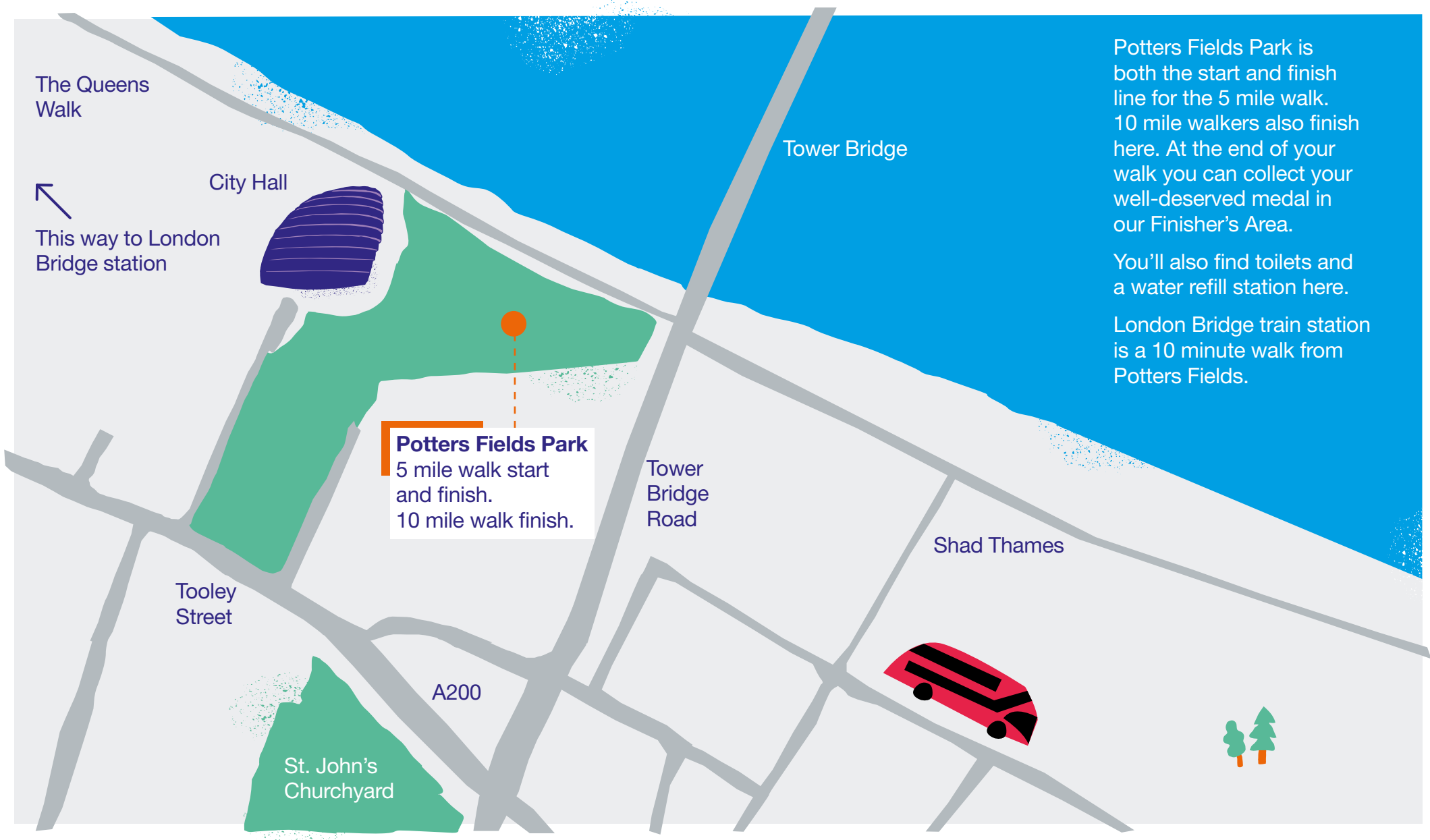
If you sign up before 14th September, you will receive your event t-shirt in the post before event day. After 14th September, you'll be able to pick up your t-shirt on event morning from the registration tent.

On event day, everyone will also be provided with a detailed map – including a step-free version – and a limited edition medal at the finish line.

10 MILE START AREA MAP



5 MILE START AREA AND FINISH MAP FOR BOTH WALKS





What should I do before I arrive?

Remember to:

- Wear some comfortable clothes and footwear, suitable for the the expected weather conditions.
- Pack a full, refillable water bottle – we'll have water refills available at the start and finish – and your usual snacks to keep you going.
- Complete the emergency contact details on the back of your event number and attach the number to the front of your t-shirt with safety pins. If you signed up after 14th Sept, please go to event pack pick up to collect these on event morning. There will be a £1 fee to replace any lost numbers.
- Arrive ready to walk – no baggage hold facilities available.
- Check your individual start time and plan your journey to your start line.

Don't forget we have some brilliant fundraising rewards - Diabetes UK shoe laces when you reach £50, an enamel pin badge when you hit £150 and a Diabetes UK beanie hat if you raise £250. Wear these with pride on event day.



KEY TIMINGS

- 8:00** 10 mile event start area opens at Battersea Park
- 9 to 11** 10 mile Wellness Walk start waves set off every half hour from Battersea Park
- 10:00** 5 mile event start area opens at Potters Fields Park
- 11:00** 5 mile Wellness Walk starts from Potters Fields Park
- 12:00** Walkers start to arrive at Potters Fields Park as they finish the walk. Activities in the Finisher's Area open – fun for all the family
- 17:00** Finish line and area closes

WE'RE WALKING TOWARDS A HEALTHIER FUTURE FOR ALL



What will I get on the day?

- The opportunity to come together as a diabetes community and share an amazing experience with other wonderful wellness walkers.
- Water refills at the finish at Potters Fields – but please do arrive with your own water at the start of the walk.
- A detailed route map of where we're going.
- All the support you need to get round the walk route.
- A fantastic medal.
- Revel in your success and achievement at our Finisher's Area.

Can I change my t-shirt size?

Sure. Please bring your t-shirt with you on event morning and swap for another size – subject to availability.

What time do I need to get there?

The first start wave for the 10 mile walk at Battersea Park is 9.00am. The 5 mile walk at Potters Fields Park only has one start wave at 11am. Your start time is in your registration confirmation email, so arrive in plenty of time to get ready to walk. Can't find your start time? Just email wellnesswalk@diabetes.org.uk and we can confirm your start time for you.

I chose the wrong start time, can I change it?

Our start waves have participant limits for health and safety reasons. Please email wellnesswalk@diabetes.org.uk with the start wave you want to change from and to. Please get in touch as soon as possible. We can not guarantee to make all changes requested.

Is there a minimum sponsorship?

We ask all adults taking part to aim to raise £150. This could help keep two of our 338 local support groups going – meaning people who've just been diagnosed with diabetes can get advice and support from someone who's been through it before.

How do I send in sponsorship?

The easiest way to collect sponsorship is via your Wellness Walk fundraising page. Your personal link can be found in your registration confirmation email.

The money raised on your page will come straight to us, so you don't have to worry about sending donations in and can concentrate on raising even more money.

For any cash donations you collect with a sponsorship form included in your welcome pack, you can get it to us by:

Fundraising Page

Pay it onto your online fundraising page.

Cheque

Please make your cheque payable to Diabetes UK. Send it with your sponsor forms, or a covering letter with your name and address on, to: Wellness Walk London Bridges, Diabetes UK, 126 Back Church Lane, London E1 1FH.

Credit/Debit Card

Our Supporter Care team are waiting to take your donation. You can call them on 0345 123 2399 Monday to Friday between 9am and 6pm. Make sure you say you're making a donation towards your Wellness Walk London Bridges sponsorship.

Thank you for all of your support.

MAKE EVERY MILE COUNT

What your support makes possible

£30

could help our dedicated helpline respond to calls from people with diabetes.

£60

could help us connect more people to the hundreds of support groups we have across the country.

£150

could kick start investment into high-quality research projects which could shape the future of diabetes care.

**THANK YOU
FOR WALKING
WITH US.
SEE YOU ON
THE BRIDGES!**



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane, London E1 1FH



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