

Sessions

Sessions

Calendar

 Add new session

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- Go to the OpenSessions.io website and create an account.
- Once logged in, navigate to the dashboard or the section where you can add new sessions.
- Click on the "Add New Session" button.

STEP 1: DESCRIBE ACTIVITY

Rushmoor Health Walks

Walking x

[Can't find an activity? Contribute to the list](#)

 Click in the text box and then click on the emoji box to use emojis

Come along and enjoy the fresh air, good company and the opportunity to feel energised! This is a gentle starter walk for people starting their activity journey or hoping to return to fitness. Everyone is welcome.

Rushmoor Voluntary Services manages the walk.

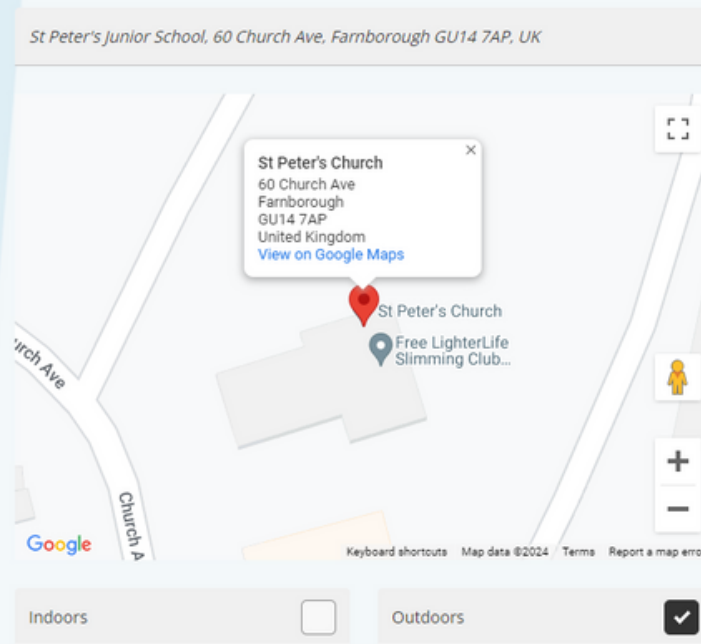
Please wear appropriate footwear, the walk will be suitable to go ahead in poor weather.

There is no parking available directly at the church. On-street parking is available locally. The closest bus stop is on Rectory Road (Bluestar No.11) around a 3-minute walk away.

Offline Session at a physical location

- Enter the title of your activity.
- Choose three relevant categories under which your activity falls.
- Write a precise description of the activity, including any necessary instructions for attendees.
- Specify whether the activity will be online, offline, or a mix of both.

STEP 2: SESSION LOCATION



- Add the full address where the session will take place.
- Tick the appropriate box to indicate if the session will be indoor or outdoor.

STEP 3: AMENITIES

Advise your participants of available amenities:

Changing facilities

Towels

Showers

Creche

Toilets

Lockers

Parking

Baby changing

- Tick the boxes for any amenities or facilities available at the location.
- If there are no facilities, you can skip this step.

Will a session contact and a coach be available?

Coaching provided?

Default Contact Details?

Rushmoor Voluntary Services

walks@rvs.org.uk

01252 398450

STEP 4: HELPFUL INFO

Provide the organizer's name, email address, and contact number for attendees to ask for further details.

Add a video and/or image to help promote your activity

STEP 5: ACTIVITY MEDIA



Edit

Add a YouTube URL

- Upload a relevant image to promote your session/activity.
- Add a Video link to attract more attendees.

STEP 6: PARTICIPANTS & SUPPORT

Select any appropriate restrictions:

Open to all Beginner x


Min. age Max. age Maximum Participants

Select any available support provided on-site:

Learning Impairment Hearing Impairment

Physical Impairment Mental Health

Visual Impairment Social or Behavioural

[Click here to find out how to make your activity descriptions accessible](#) 

What accessibility measures do you have in place, and what are your access restrictions if any?

- Specify the entry-level, age range, and who can attend the session.
- Highlight any support in place for attendees to take necessary precautions.

STEP 7:

SESSION FEE


ACTIVITY FEES

£

0

- Set the session fees for participants.
- If it's a free session, keep it zero.

STARTING


Start Date
19/03/2024 

Start Time
13:30

Duration
00:45

This session takes place more than once

[+ Edit repeating session](#)

 For repeat sessions with a different time, **duplicate a completed** session from the main menu.
Please note: Only activities taking place in the next 2 weeks will be shown on open data platforms

STEP 8: DATES & TIMES

- Enter the dates and times of the session.
- Indicate whether it's a one-time session or if it will repeat.
- Follow the instructions.

Where can participants find out more about this activity?

Add your own website/booking URL (Optional).

REVIEW SCHEDULE

- Add details on where participants can find more information about the activity.
- Add your own website/booking URL

READY!

Start promoting your session:

[Publish now](#) →

Publish to 1,000's of potential customers searching for activities like yours.
Please note: Only activities taking place in the next 2 weeks will be shown on open data platforms

- Review all the information you've provided.
- Once satisfied, click on the "Publish" button to make your event live on OpenSessions.io.
- You can now start promoting your session to attract attendees.

Congratulations - session is
PUBLISHED!



The image shows a digital event card for 'Rushmoor Health Walks'. The top part of the card features a photograph of three people walking through a sunlit forest. A dark blue banner in the top right corner of the photo area contains the word 'PUBLISHED' in white. Below the photo, the event title 'Rushmoor Health Walks' is displayed in green text. The event details are listed in white text on a dark blue background: 'Tuesday, 19/3/24 @ 13:30', 'St Peter's Church, Church Avenue, Farnborough GU14 7AP, UK'. The price '£ 0.00' is shown in white text on a dark blue background to the right of the details.

PUBLISHED

Rushmoor Health Walks

Tuesday, 19/3/24 @ 13:30
St Peter's Church,
Church Avenue,
Farnborough GU14 7AP,
UK

£ 0.00

Continue →

Make sure to double-check all the details before publishing to ensure accuracy and clarity for potential attendees.