

# #WalkwithHope with the Irish Chaplaincy



The walk starts at **Sacred Heart** parish Quex Road and ends at the **Irish Embassy** in Grosvenor Place.

You could undertake the walk at any time between 19 and 24 April 2021 and seek sponsorship /donations for the work of the Irish Chaplaincy, especially seniors living alone, in homes or in prisons.

Donations to be sent here



<https://www.irishchaplaincy.org.uk/donate>

Interested in doing the walk? Contact [pat.gaffney@irishchaplaincy.org.uk](mailto:pat.gaffney@irishchaplaincy.org.uk)




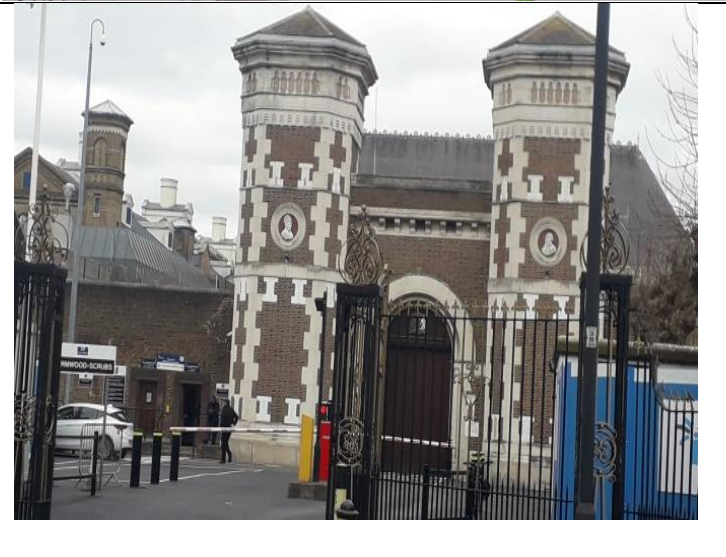
*The walk is approximately 9 miles in length and should take between 4-5 hours. Wear comfortable shoes, make sure you have water and your mask. Walking groups are COVID limited to 6 people. There are plenty of opportunities to drop in and out of the walk, to pick up public transport.*

The Quex Road community has been in Kilburn since 1985. Hailed once as one of the busiest Catholic parishes in the UK, Sacred Heart Parish preserves a true Catholic identity and serves immigrants from 45 countries along with a well-established local community. <https://www.oblateskilburn.com/>

Where to walk	Notes	Images
<p><b>Start</b></p> <p><b>Sacred Heart Parish</b>, Quex Road, Kilburn NW6 4PS</p> <p><b>This part of the walk is to the Grand Union Canal on Ladbroke Grove is about 2.5 miles and will take just over an hour.</b></p>	<p>Nearest stations: Kilburn Park, Bakerloo Line or Kilburn High Road, London Overground Kilburn Park is the first station to be designed around escalators, rather than lifts.</p> <p>The Church is often open during the day and is very welcoming and COVID safe. If you are able, go inside and look for this plaque in memory of the forgotten Irish of London. Walk down the left aisle, the plaque is under a bell, beside the Sacristy.</p> <p>You might want to say a Pilgrim's Prayer, suggestion on last sheet. *</p>	
<p>Leave the Church and go back on to <b>Quex Road</b>, turn right down to <b>Kilburn High Road</b> where you turn left. Walk to KHR Overground station cross the road on to the west side .</p> <p>Keep walking until you reach <b>Cambridge Avenue</b> and turn in here. Pass Kilburn Park station, and keep on the right hand side of the little park, <b>Cambridge Gardens</b>, this leads into <b>Cambridge Road</b>. Continue until you reach the junction with <b>Carlton Vale</b></p>	<p>KHR can be busy so may help to choose your time.</p>	

<p>At <b>Carlton Vale</b> turn right and keep walking until you pass a park on the left. Beyond this you come to a fork in the road. Take the road on the left, <b>Kilburn Lane</b>. You have St Luke's Church on your left.</p> <p>You will begin to see the architecture changing to smaller terrace houses. On the left hand side you will come to <b>Sixth Avenue</b>, turn left here and keep walking until you reach <b>Harrow Road</b>. Turn right and walk towards the junction with <b>Ladbroke Grove</b>. With St John's Church behind you, cross into <b>Ladbroke Grove</b> walking south.</p>	<p>Once in Kilburn Lane you are in the Queens Park Estate, homes built from 1874 by the philanthropist Willian Austin and the <i>Artisans, Labourers &amp; General Dwellings Company</i> he established with fellow workers. The houses were originally for the 'industrious poor' . Keep an eye out for date plaques on houses and the occasional Gothic turret. Prices today: around £800,000!</p>	
<p>Shortly you will arrive at an iron bridge crossing the <b>Grand Union Canal</b>. Just over the bridge you will find a set of steps leading down to the tow path. At the bottom you want to turn left, walking West, under the bridge.</p>	<p>Walking distance from Kensal Rise station in Harrow Road for those who might want to leave / join here.</p>	
<p>Keep Sainsbury's superstore on your left as you walk along the tow path, then over a small hump-back bridge, still heading West.</p>	<p>A community of canal and houseboats run all along this walk and Kensal Green cemetery is on the right-hand side of canal.</p> <p>This canal was built between 18 – 19 centuries and extends to 137 miles. Running parallel is a mainline train route. Both link London with Birmingham and beyond. Think of all the 'navigators' navvies, English and Irish who helped create these wonderful communication networks.</p>	



<p>You reach an iron bridge, <b>MITRE Bridge</b>. Pass under and immediately on your left there are steps leading to the road. At top, turn right onto <b>Scrubs Lane</b>. Once you pass a row of hoarding/fencing you soon come to <b>Wormwood Scrubs Park</b>. You can turn right in here to walk along a path <b>OR</b> go into the park, walking along the edge.</p> <p>You come out in a car park, back onto <b>Scrubs Lane</b>. Take the next right into <b>Du Cane Road</b></p>	<p>This is on bus route 220 for those who might want a change.</p> <p>The park and its wildlife are under threat with the HS2 plans. You can read more about these concerns here <a href="https://lnhs.org.uk/index.php/resources/locations/8-locations/98-wormwood-scrubs">https://lnhs.org.uk/index.php/resources/locations/8-locations/98-wormwood-scrubs</a></p> <p>Car park</p> <p>Du Cane Road</p>	
<p>Stay on this road <b>Du Cane Road</b> past schools and Hammersmith Hospital .</p> <p>You eventually come to come to Wormwood Scrubs Prison. (W12 0AE) Find out more about the Chaplaincy Prisoner project here <a href="https://www.irishchaplaincy.org.uk/irish-prisoners">https://www.irishchaplaincy.org.uk/irish-prisoners</a></p> <p>Then, just turn back on yourself, back down <b>Du Cane Road / Scrubs Lane</b>! Cross on to the East side of Scrubs Lane and turn left towards <b>North Pole Road</b>, The Pavilion pub is a marker on the corner.</p>	<p>You may want to stop here for a while to reflect /say a prayer for those living and working in the prison. Prayer suggestion on last sheet **</p> <p>In April 1920, 170-odd Irish prisoners were interned in the Scrubs. It is reported that demonstrations were held outside the prison for a week or so. London-Irish people, led by a local priest, Fr Roche, recited the Rosary, while the internees answered from within. The government caved in on this occasion and released them all. (<a href="https://www.rte.ie/centuryireland/index.php/articles/release-or-death-hunger-strike-in-wormwood-scrubs-spreads-to-irish-prisons">https://www.rte.ie/centuryireland/index.php/articles/release-or-death-hunger-strike-in-wormwood-scrubs-spreads-to-irish-prisons</a>)</p>	
<p>Continue until you come to <b>Quintin Avenue</b> on your right turn in here and walk until you a roundabout. Go straight across into <b>St Mark's Road</b>. Follow this, it takes you under the <b>West Way</b>. Take the second turning on left, <b>Lancaster Road</b>.</p>	<p>Further along West Way near Latimer Road is a designated Traveller which houses around 20 Irish Traveller families. More about the Chaplaincy Traveller Project here <a href="https://www.irishchaplaincy.org.uk/irish-travellers">https://www.irishchaplaincy.org.uk/irish-travellers</a></p>	

Turn left into **Lancaster Road** and in a short while you come to main road which is **Ladbroke Grove**.

Turn right into **Ladbroke Grove** then a long walk, mostly downhill, to **Holland Park Road**. The Mitre pub is a marker.

Turn left and walk towards **Notting Hill Gate Station** (W8 7LX)

When you reach Lancaster Road, look backwards and you will see the tragic shell of Grenfell Tower with its message: *Forever in our Hearts*.

Lancaster road has a lovely care home run by Anchor Housing and what was the London Lighthouse hospice and museum for Aids and HIV now the Museum of Brands.

If you have had enough walking, you can take bus 52 to Notting Hill Gate and pick up route again

There are plenty of café's along Holland Park Road if you want a break!

Continue past NHG station and shops and cross the road to the South side of the road.

Keep walking, with the **Russian Embassy, Kensington Palace Gardens** large public car park on your left.


You reach **Orme Square Gate** the entrance to Kensington Gardens. There is an excellent map just inside the gate.

Follow **Broad Walk to Flower Walk** where you take a left turn. This takes you past the Albert Memorial, across **Carriage Drive into Hyde Park** where you pick up the **Rotten Row path** all the way to Hyde Park Corner.

Here you have a choice. You can wonder through the park, exploring all it has to offer, heading eventually to **Hyde Park Corner**.

The most direct route, to head for **The Broadwalk** and walk across the park, keeping the **Round Pond** on your left. You will come to **Flower Walk** this takes you all the way to Hyde Park into **Rotten Row**. Keep going until you reach Hyde Park Corner.



<p><b>Hyde Park Corner</b> is a busy crossing. Stay on the West side and take the crossing that leads you into <b>Grosvenor Place</b>.</p> <p>Keep walking until you reach <b>17 Grosvenor Place</b>, (SW1X 7HR) the home of the Irish Embassy since 1949. The current Ambassador is Adrian O'Neill</p> <p><b>You made it!</b></p>	<p>On your left, the Wellington Arch and Palace Gardens.</p> <p>More about the work of the Embassy here <a href="https://www.dfa.ie/irish-embassy/great-britain/about-us/">https://www.dfa.ie/irish-embassy/great-britain/about-us/</a></p> <p><b>Going home:</b> There are buses heading for Victoria (South) and Hyde Park Corner/Marble Arch (North)</p>	
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### Prayer before setting out on a pilgrimage

God of the guiding star, the bush that blazes

*SHOW US YOUR WAY*

God of the stormy seas, the bread that nourishes

*TEACH US YOUR TRUTH*

God of the still, small voice, the wind that blows where it chooses

*FILL US WITH LIFE*

God of the elements, of our inward and outward journeys

*SET OUR FEET ON YOUR ROAD TODAY.*

*MAY GOD BLESS US WITH A SAFE JOURNEY*

*MAY THE ANGELS AND SAINTS TRAVEL WITH US*

*MAY WE LIVE THIS DAY IN JUSTICE AND JOY. AMEN.*

*Kathy Galloway, Iona Community*

### Prayer at the prison

**For prisoners:** We pray for those who are prisoners. Through reflection and understanding, may they be able to go beyond their sentence and see hope for a future without crime. Let us follow Christ's message and reach out so that his presence be known by those who seek him.

**For families of prisoners:** We pray for those loved ones who serve a hidden sentence as a result of the shame associated with having a family member imprisoned. In times of darkness we pray they are able go beyond the bonds of societal stigma and maintain positive relationships with their loved ones.

**For those who work in the criminal justice system:** Let us pray for those who work throughout the criminal justice system. May they continue to go beyond in their work towards creating a safer society and promote justice and mercy on the road to rehabilitation. *(PACT Prisoner Sunday)*