



# WALKING GROUP REPORT

2022/23

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# Introduction

The Walking Group is one of many weekly activities at the Booth Centre. It started before the pandemic and has been a way for people to come together for exercise and to discover different parks around Manchester. The ultimate aim is to help people gain self-esteem and improve their confidence and wellbeing by going on walks and simply having a chat.

Since relaunching the Walking Group in 2022 we have seen a rise in people wanting to organise their own walks and they have become more active than ever before. People are now challenging themselves to go beyond Greater Manchester to explore more parts of the country - this alone is a magnificent achievement! People have shared their walks in the Lake District and in the countryside across the North of England.

“ The walks gave me a new interest, a hobby to focus on in local history and culture. ”



# Walking Group

“ Being part of the walking group has helped greatly with my mental well-being. ”

Since the walking group started we have had over 200 people taking part in different walks. From April 2022 - March 2023 there has been 36 new individuals attending weekly walks.



# Travel

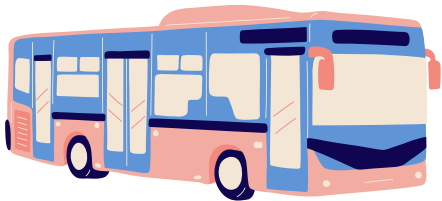
## There are 3 ways the walking group has travelled to different parks across Manchester

Refreshments and travel expense are paid for by the Booth Centre , made possible thanks to a grant from the Cycle & Stride for Active Lives initiative from TfGM.



### Tram

Some parks, such as Sale Water Park, require travelling by tram as they are quite far from the Booth Centre, and often there is a tram stop very close to the chosen destination



### Bus

Bus day tickets are provided to make it easier for anyone taking part in the activity. They can then use the ticket to travel alone to different parks once the session has finished.

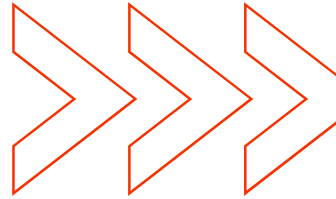


### Walking

The best way to travel! We always head to nearby parks and green spaces on foot. But nobody is excluded, and other means of travel will be provided for anyone who has difficulty with walking.



# Co-Production



At the Booth Centre we recognise the importance of working collaboratively with people who come to the centre to design, deliver and evaluate all our services.

During the walking sessions we stop by a café for some tea/coffee or find a space in a park to sit down and take a few moments out to plan our next walks. We make sure everyone is involved in planning, whether it's designing a poster to put up in the Centre, searching the internet for different parks or brainstorming ideas on how to improve our sessions.



# Visits

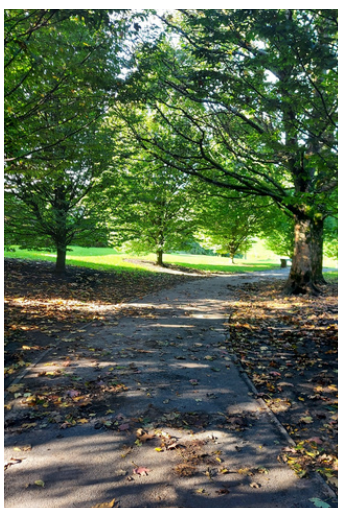
We have visited many beautiful parks across Manchester and have been amazed by what we have seen!

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Here is a list of parks we have visited:

Fletcher Moss  
Disbury Park  
Sale Water Park  
Chorlton Water Park  
Heaton Park  
Boggart Hole Clough  
Angel Meadows Park  
Phillips Park  
Queens park  
Platts Field Park  
Alexander Park (Oldham)  
Longford Park  
Reddish Vale  
Platt Field Park  
St Johns Gardens  
Debdale Park  
Sackville Gardens  
Piccadilly Gardens  
Chadderton Park  
Alexander Park (Oldham)  
Peel Park  
Drink Water Park  
Whitworth Park

“ The walks have helped me to get out, meet others and comfortably talk through any issues without feeling any pressure. ”



# Challenges

There have been a few challenges throughout the year, some of which are easier to deal with than others.

## 01 Weather

This is a major challenge for us at the Booth Centre when the weather can be very cold or raining. The reason for that is people don't have the right gear for different weather conditions. For some people what they are wearing are the only clothes they have.

## 02 Equipment

People often don't own the right footwear or an umbrella or even a coat. We have been able to supply waterproofs coats and jackets for some people, and are able to provide a change of clothes should anyone need it.

## 03 Attendance

At times people have been unable to attend the sessions because they are waiting for homeless assessments, appointments, for minor injuries to be seen to, and most frequently because it's a rainy gloomy day.



# Case Studies



## Sofia\*

Sofia has been attending the Booth Centre for help with drugs and alcohol. She has joined in with many activities including the Walking Group, and feels the walking group has helped her recovery to head in the right direction. She now takes regular walks every morning as she feels this helps her start the day well. Sofia is now stable and in full-time employment.

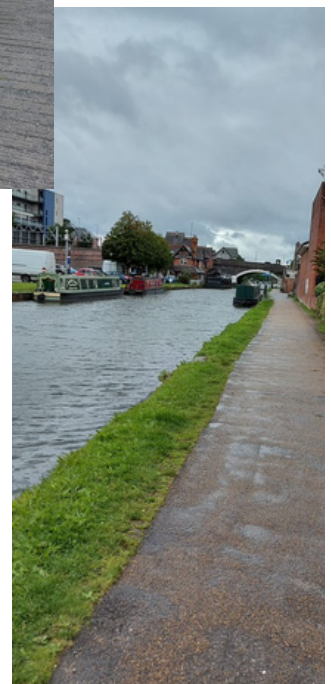
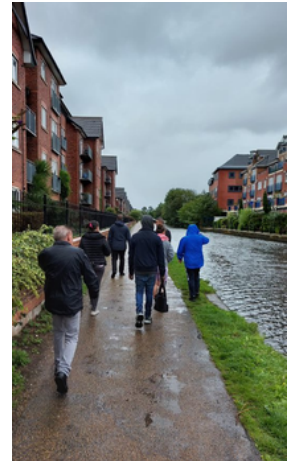


## Gerry\*

Gerry has been attending the Booth Centre and has regularly participated in activities for years. During the pandemic he couldn't visit the Centre and this took a toll on his mental health. We sent Gerry activity packs during that time, which motivated him to exercise and to visit different parks. Gerry is now a regular walker and has inspired others to join him for forays at the weekend.



# Pictures



# Thank you!

Thank you to Cycle & Stride for Active Lives from TfGM for giving a grant to help make the Walking Group possible. And this isn't the end - we are looking forward to many more walking adventures!



## Credit goes to:

This Walking Group Report has been written and designed together by staff, volunteers and people who took part in the Walking Group in 2022/2023.

\*names have been changed



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