

What is Walk n Talk?

Walk n Talk is a chance to spend time in the beautiful outdoors, enjoy some gentle walking, with a small group of other people. Walk n Talk offers an opportunity to spend time with friends, or meet new friends in a very relaxed way.

Walk n Talk groups meet once a week in a beautiful local park, on the same day and time each week. There is a Walk Leader who will coordinate the walk, and the walk will be round the park, finishing at a park bench or café for a rest at the end. The walk will be for no longer than one hour.

During the walk, and about mid-way, the group will stop for a short rest to enjoy the nature around them, taking a moment to enjoy the sights, sounds (and perhaps the silence) and smells around them.

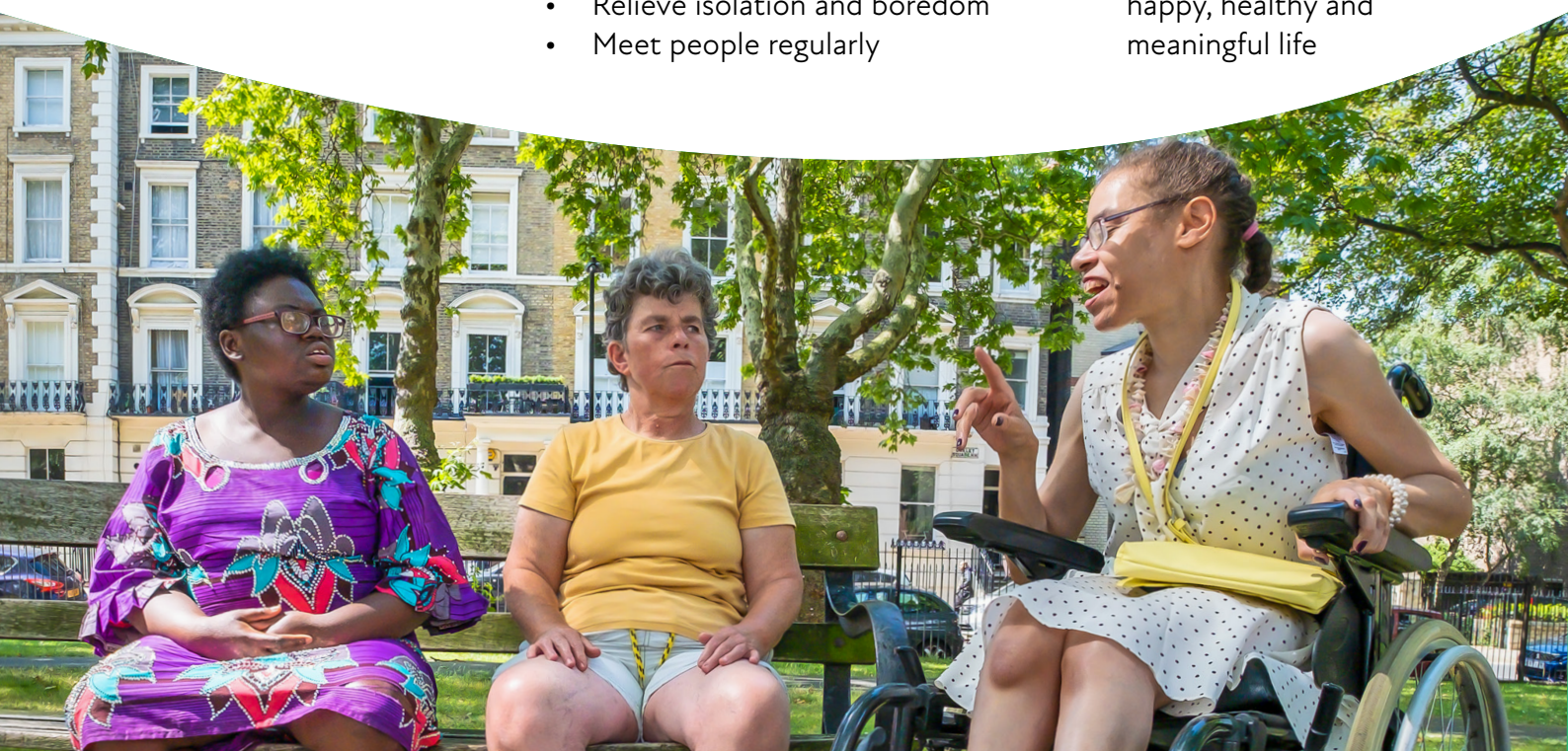
Walk n Talk Groups are free. They are also inclusive. Walks are suitable for people with restricted mobility or fitness and people who use wheelchairs. Routes are chosen so they are short, there are lots of park benches to sit on if people need to rest, and on flat accessible pathways.

Why walk?

Walking is free. It is a gentle, convenient, low impact activity that doesn't need any training or equipment. This is a really good way of staying active, improving our mental and physical wellbeing, and reducing social isolation and boredom.

Regular walking can:

- Benefit our overall health
- Improve sleep
- Maintain a healthy weight
- Manage stress
- Build physical strength
- Improve balance to reduce falls
- Keep our heart healthy
- Mean we sit down less
- Relieve isolation and boredom
- Meet people regularly
- Enjoy nature
- Reduces risk of ill health
- Regular walking can support us to ensure we have a happy, healthy and meaningful life



How are Walk n Talk Groups run?

We need local volunteers i.e. support team members and people supported within Achieve together to support in setting up a local group.

To start:

- Talk to local managers and people supported to see how many people may be interested. Speak also to other local support providers to see if other providers might be interested in getting involved (this could increase friendships for people).
- Identify a small group of Walk Leaders, so responsibility can be shared and if someone cannot attend in a particular week, the walk can still go ahead.
- Identify a local park or country walk that is - easily accessible by public transport and has parking; has a fairly flat route with park benches along the route; has public toilets and ideally a café.
- Choose a day and time in the week to hold the Walk, choosing a time that children are in school, so the walk route is not too busy.
- Risk assessment will take place for the Walk, and everyone involved will be made aware of these risk assessments.
- Walk Leaders will receive guidance and training from Campaign 4 Change.

How to get involved

If you are interested in setting up or being involved in a group locally, or need Walk Leader guidance, please contact **Stephen.brown@achievetogether.co.uk** (Coproduction Team).

Can I join other Health Walks?

Indeed, please see what other local organised walks are available at www.walkingforhealth.org.uk. There are many organised walks local to all of us, led by volunteers and accessible to everyone.

The Achieve together Walk n Talk groups may better suit people who would not feel comfortable joining a 'mainstream' walking group, but where possible please encourage people to join local 'mainstream' Walks.

www.Achievetogether.co.uk

