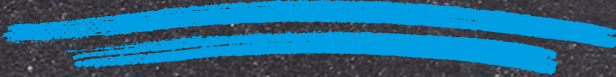




Together Fund

Phase 4 Case Study



Outcomes

- Reduced isolation.
- Weekly walking sessions aimed at improving flexibility and fitness.
- Increased physical activity.
- Improved peer friendships.
- Improved sense of safety in being active in the community



"I really like the social side of our walking group."

Impact

The walking group has provided opportunities for social interaction, which has had a positive impact on mental and emotional well-being of the participants: socialising with others who have similar experiences and challenges can foster a sense of belonging, reduce feelings of isolation, and boost self-esteem.

By engaging in weekly walking sessions the participants have increased their physical activity, individuals have improved their mobility skills, stamina and gain confidence in navigating different routes.

Being part of the group has led to a greater sense of inclusion and integration in their community.

Purpose

MileShyClub started in 2017 and has inspired hundreds of would-be runners of all ages, shapes and sizes to take their first steps into the world of running.

They received funding from the Together Fund to relaunch a beginner walking group at the Trafford Centre for disabled people and their carers.

The group restarted in September 2022 and has been a success, with an average of 20 attendees each week. The group is attended by people with disabilities and their carers. The project looked to create a safe space for individuals with all kinds of disabilities to be active and sociable.



Trafford



"I love walking with my friends and meeting new people."