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|  **Name:** | **Marcelina Stengert** |
| **Organisation:** | **Newleaf Foundation**  |

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| **Title:****Aim:** | **Winter Health – Moving Safely*** To encourage Winter Walking to increase physical activity and emotional health and wellbeing in targeted population (African Caribbean)
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| **Method** | VCSE lead recognised that people tend not to walk in the Winter and wanted to encourage more of this; especially with people from the African Caribbean ethnic group.After the project launch and project planning session, the VCSE lead recruited 3 Health Creators who researched the benefits of walking and keeping safe during the cold weather/winter season. Their learning was shared with the group and the group.The lead set up a Wattsapp group to organise the walks and group participants had the opportunity to ask questions before-hand. The Lead would do the walk sometimes on her own to assess the suitability of the walk during the week. The first walk was in November 2023 and after the Health Creators learnt the steps needed to organise walks and developed the confidence to do this; the lead then passed on this role to the Health Creators and provided support when and if necessary. The group grew as participants invited others to join the walks and giving back to the community and their families.15 walks were accomplished in total between Nov – April (Clayton Vale, Boggart Clough Hole Park, Brookdale Park). Even the lead found new spaces in parks that she had visited before the project! i.e. some people did not know about Clayton Vale!Through consulting with the group, walks were planned to suit peoples’ needs and the group was extended to include families; to be inclusive for all and the idea of having ‘a walk and picnic’ is being looked into for the warmer months; so the walks will continue. An issue that arose was inappropriate footwear and the lead will look into fundraising to try and purchase the right footwear for her group.The lead believes that the Framework helped her deep dive into walking benefits and to empower her community.* ***“Health Creation has given me a platform to be able to deliver my work effectively”***
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| **Outcomes** | * Approximately 22 Wattsapp Members (not including young adults or children)
* 15 walks held
* Raised awareness of scenic areas’ in locality area and new areas
* Group participants confident in walking
* Adaptation of walks to suit target group (families included, picnic and a walk)
* Participants reporting sleep and mood improvement
* Children developed connections – made friends with other children on the walks 3C’s
* Participants developed trusting relationships and shared personal experiences
* Project helped VCSE lead and particpants to identify benefits of walking in nature
* The 3C’s and 6 features were embedded in the project
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