

# WALKING 4 HOPE



## Welcome to our first newsletter...

The charity aims to relieve the needs of people experiencing, or at risk of poor mental health, in particular, but not exclusively, by:

- Providing recreational/leisure time activities in the interest of social welfare, designed to improve their conditions of life;
- Offering practical advice, support and signposting to other organisations when required;
- Educating the wider public on mental health through the distribution of material produced by expert organisations.

## What do we offer?

The trustees are committed to building on these aims year on year by offering regular Wednesday walks led by John Bell, a Tuesday peer to peer support group meeting at Burnaby House in Mansfield Woodhouse and a regular Arts and Crafts group run by Jo Bell at Teversal Visitor Centre, all advertised on Facebook. We have a minibus to help those without transport to access these activities.



## What have we been doing?



This year John Bell, co-founder of the charity, with the support of some dedicated volunteers, has successfully completed a 140 mile walk from Mansfield to Wrexham in a bath, to raise awareness of the charity's work. John is in the process of completing his mountain leadership training as part of the longer-term vision the charity has for encouraging 18 – 35 year olds to develop resilience through more challenging hikes, overnight camping and bushcraft.

## Our progress so far...

- 20 walks led by John Bell in 2023 over 5 months were attended by 279 people – circular walks, men's only hikes, family walks and experienced walks
- In 2024 120 people have joined 9 Wednesday walks led by John
- 872 members subscribe to the Walking group's Facebook page
- The talking group has on average 5 people attending each week
- In 2024 on 5 occasions 81 people have come along to the Arts and Crafts group at Teversal Visitor Centre.

**We are forever grateful to all those who support the charity, for without them it would have no future.**

- Thank you for £16,000 raised to buy the minibus.
- Thank you for your support for John on his Mansfield to Wrexham walk.
- Thank you for your support in raising funds and awareness

