

East Leeds Walking Group

The East Leeds Walking group is an amalgamation of Friends of Gledhow Valley woods and RETAS Leeds (Refugee Education Training Advice Service). The idea being to create a socially beneficial walking group where Leeds locals and new Leeds inhabitants can connect.



The two groups had lots to share with one another. The FGVW shared their knowledge of Leeds and the refugees shared their culture and stories.

"In [my country] we don't have parks like this, it is nice, the people here do it for fun, it is beautiful to have a walk."

The group visited some of Leeds' biggest parks, Roundhay, Middleton and Meanwood park by jumping on the bus and traveling together.

"I have lived in Leeds for a long time but I don't like getting the bus. I think my confidence with it has definitely improved"

"I didn't know the [number] bus came out to here. It's nice to know I can come back"



For a lot of the walkers it was a much needed, social part of their week.

"It's good to get out, I don't like being home all day"

"I like to get out and be with people, it's why I like coming on these walks"



For some of the walkers it was an excuse to leave the house and do some exercise. They wanted to improve their physical and mental wellbeing.

"Coming out for a walk is really good for me, it's good for my mental health".

"I find it hard some days to motivate myself to come out but I do because I always feel better when I've been for a walk"

"I used to spend Wednesdays doing sit down craft activities but I was so pleased that I could join a walking group instead - getting out and about, moving around and having a chat is so much better for me".

The group became a staple part of the week for some and they used it as an opportunity to get to know their City better.

"To think I wasn't going to come today! I'm so glad I did I've had a lovely time and I've learned so much"

"I've learned a lot today. It's helpful to know where the {bus number} goes"

