



## TCV DFT Walks Case Study: Teresa

Teresa is a regular member of the Cardigan Centre walking group and has attended almost all of the walks. The group has travelled to lots of parks across the city: places that Teresa has never been.

"I've been to places I never knew existed!"



Teresa moved Leeds with her husband in 2020 from New Zealand. Since moving to Leeds she has become a regular at local community events and groups, however she has had issues with seeing the wider Leeds area.

"I've not had a chance to explore Leeds as much as I would like. I was meant to go to a few events but they were cancelled due to COVID."

Her and her partner need to use public transport to get about.

"I don't own a car. I used to share one with my family but we no longer have one."

Public transport has been daunting for Teresa as a new UK citizen.

"I didn't really use public transport in NZ unless I was going into the city so I'm really not used to it."



Since starting the walking group Teresa has been getting on busses more often.

"I gained so much more confidence with local public transport, thank you. I've been to some lovely places that I wouldn't have by myself."

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From B to A the friendly way



# Carry On Walking (COWS)

The Age UK Leeds walking group lost their staff support in 2022. The group had been walking together for years and they were worried that losing the Age UK support would mean they would have to stop the group. They chose to take part in this walking project in order to gain the confidence, skills and training to create their own, independent, community walking group.

They decided to meet in the centre of Leeds at an affordable pub before and after the walks to socialise and have a hot drink. This means they can get to most places in Leeds using only one bus from the city centre bus station.

Some of the walks they have done so far include Roundhay park, Kirkstall abbey, Leeds Liverpool canal to Thwaite Mills, Leeds art trail and Woodhouse moor.



The group renamed themselves Carry On Walking. They are a group of mixed ability walkers, some of them avid weekend hikers and others who like shorter health walks to help with various health issues. They found a happy medium and go on leisurely paced 2-3 mile walks, with a focus on the history, art, architecture and nature of the walking site.





**COWs is comprised of 20 walkers, with a drop in and join in approach, they average 10 walkers a week.**

**During this project they have set up a WhatsApp group to share photos, walk ideas and a walks rota.**

**For a lot of the walkers it is more about the socialising and getting to spend time amongst peers, with it being the only chance to do so all week for some.**



**One of the guided walks for all the walking groups was a day out to TCV Hollybush.**

**12 COWs came on the Hollybush walk and several of them have gone on to volunteer at our events and take part in other sessions we provide during the week.**



**As one of the TCV organised walks, COWs had a day trip to the dales. Using the train and a bus, they spent the day in Grassington. The group has expressed great interest in doing more of these types of trips in the future.**



**Thanks to this project, five of their volunteer leaders were able to attend walk leader training held at TCV Hollybush conservation centre. This means they can take it in turns leading the group and run it cooperatively. They gained a lot of confidence and successfully fledged from the TCV staff.**





**Below are some quotes collected from the walkers over the course of the project.**

**"If I didn't come to this I wouldn't of left the house all week. It gets me out and about. I need it."**



**"It's good to get some fresh air, even if it's raining!"**

**"This group has been a lifeline for me after my surgery."**



**"This walking group allows me to do walks that I otherwise wouldn't be able to do by myself".**

**"We (the walking group) are a bit like a mini-family, it really helps to fight loneliness."**

**"These walks helped me after my bad health episode, I've been coming near on 9 years now."**

**"I like to keep myself moving and busy and these walks are a great way to do that."**

**"I enjoy coming to these walks. It gives me a reason to get up in the mornings."**



**"I feel like my lung capacity has improved since joining this walking group last year."**



## Quotes From TCV DFT Walkers.



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

"Getting outside is good therapy."

"Coming out for a walk is really good for me, it's good for my mental health, I was anxious this morning but now I'm here I'm glad I came."

"It's so nice being high up on the bus. You can see all the trees and lovely gardens. You never get to see all of this stuck in traffic in a car."



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

"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 don't need to worry about parking in town."

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

"It's amazing, I thought I'd seen all of Pudsey over lockdown. I thought I knew every path and side street, but I've never been down [here] before. I've lived here 15 years!"

"The walk helps me to stay active and I enjoy both the company and the scenery. I also get to visit places that I wouldn't go to on the bus on my own."



"What a lovely walk, the weather really came out nice for us too."



"Since [spouse] passed away this gets me out of the house, to socialise."



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

"We would definitely be interested in sending more group members to Walk Leader Training in the future, we could have different people leading their own walks."

"I didn't want to come on the walk after seeing the bad weather, but I made myself come and I really enjoyed it."

"I've lived in Leeds for 80 years and I never knew this was here. It's nice to see new things in your city."



"I didn't know this bus came this way and I do now! It would be nice to come back and do another walk with the group here in summer."

"I used to spend Wednesdays doing 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."



"Thank you for the walk today I really enjoyed seeing an area I didn't know about so close to home. I'm looking forward to next week."

"Good cup of tea that!"



"Wow this is really nice, I never knew this was here. I'll have to bring some of my friends here when the weather gets nicer."

"I always get the bus past here, but I never think to stop and go for a walk!"

"This is the only exercise I get so I like coming to this group."

"This is what I Love, so good for you being out in green like this."



## TCV DFT Walking Groups



- Pudsey Adults Walkers Group
- Beeston & Bentley Active Walkers Group
- Hollywell Walkers Group
- Wetherby Walkers Group
- OSLS Walkers Group
- Cliffdale Centre Walkers Group
- Carry On Walkers Group
- East Leeds Walkers Group