

# STEPS together

**100,000 steps in Derbyshire Dales!**



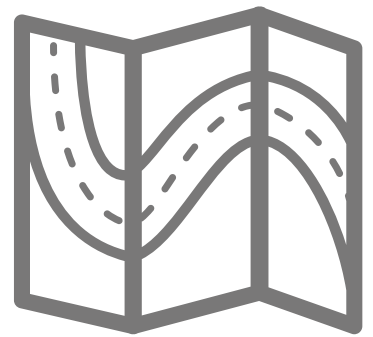
## WHAT IS STEPS TOGETHER?

Steps Together links people with a volunteer for a local walk. We take in countryside that would otherwise be inaccessible with a shared goal of 100,000 steps in a year

## WHY IS IT NEEDED?

Sometimes people are unsure about walking alone because:

- They lack the confidence
- They have an illness or disability
- They lack the motivation



## WHY NOW?



To stay safe during the pandemic, people need an outdoor activity to support their wellbeing.

Some volunteer Walk Leaders are keen to walk with individuals alongside their usual groups.

## WHAT CHANGE WILL WE SEE?

Participants have the opportunity to to exercise and relax in a natural environment, benefitting from improved fitness and mental health and links to social walking groups



## WHY DOES IT WORK?

Steps Together breaks down barriers by:

- Offering one-to-one support
- Walking from home
- Increasing knowledge and skills
- Working with local walking groups
- Having experienced, friendly volunteers

