

Calderdale Pathways (Leaving Care) Walk and Talk

The idea for walk and talk came from our planning for Care leaver's week 2022. The walk was a good hit and success with young people and we have since held a monthly walk and talk session.

Being in nature is known to have a positive impact on mental health and emotional wellbeing, whilst encouraging physical activity and promoting relationships with peers and strengthening our connection to care leavers through them knowing the wider team, not just their individual Pathway Advisor.

This is a successful enrichment activity that we run all year round and is well attended. Particularly during the summer months.

We vary our walks to be inclusive as much as possible. Sometimes we are hill walking and other times taking a leisurely stroll along the local paths. Sometimes we are going on evening walk and other times we are going on a Saturday morning hike. Our feedback has been that young people know their local area and want to explore the country more, we have tried to accommodate this and are lucky in Calderdale to have many beauty spots within a short drive from ourselves. For example, we have visited Glossop and the B29 Superfortress wreckage, Crosby beach and Andrew Gormley's art installation there and our local Hardcastle Crag.

We are really proud of this activity and how well it works. We support keeping physical and mental health of our young people (and staff too!) in check. It may take some planning and preparation, early starts and late finishes but it is all worth it when we are out there with our young people, enjoying days in the sunshine, or rain.

Our partners at active Calderdale provided us with some free walk leader training so that we are able to keep our group safe and we completed some emergency first aid training, which we haven't had to use yet! We were awarded a Grant to support our young people to purchase boots, waterproofs and backpacks from TLC.



“Good people to talk to”

“It’s been a brilliant day, thanks
for taking us”

“When is the next one?”

“I got to meet some new people
and made new friends”

“I was nervous to go on my first walk
but I was made to feel comfortable
and made some new friends”