

# SMALL POPPY NEIGHBOURHOOD GRANTS



## Tips for setting up a neighbourhood after dark walking group

LOCAL PEOPLE + GOOD IDEAS + ACTION = A BETTER NEIGHBOURHOOD

Walking groups are a great way to get fit and there are no Gym fees. Walking in a group is a great way to get fit and has the added bonus of getting to meet people in your area.

### **Step 1: Spread the word**

- Create a flyer explaining your idea. Do you want to have a regular day and time? Want to meet at the same place each time? How far do you want to walk? How late in the evening? Could you have an early morning walk as well?
- Do a letter drop of your flyer with a date and time to meet and discuss the idea. Ensure your flyer has a way for people to contact you, either by email or phone.

### **Step 2: Meet to share ideas.**

- Come together and discuss all aspects of the group. When to walk, for how long, where to meet, what sort of gear you should wear, warming up and cooling down, level of fitness of people in the group. Nut out all these ideas and get people's contact details and send them minutes of what you have discussed.
- Vote on how you want it to work and send out the guidelines of the group to everyone.

### **Step 3: Start walking**

- Enjoy the company of others while increasing your fitness.