

Community InfoSource Health Walk Case Study

Community InfoSource works with marginalised communities in Glasgow, primarily asylum seekers and refugees.

Stuart Radose is the Wellbeing Project Co-ordinator and hosts a range of activities. He says 'Walking is relatively simple to organise and we quickly discovered that the people that attend them make new friends, enjoy discovering new places, enjoy learning the history of Glasgow.'

In January 2022, the Good Move Walking team delivered a bespoke online Walk Leader Training Course for Community InfoSource staff and volunteers.

'The training has been very helpful for the organisation and volunteers to plan routes beforehand, think about everyone's welcome when they are new to the group. Also been useful to help us consider safe routes.

We can do the walks on a regular basis; we try and arrange walks at different parts of the city and incorporate other organisations or attractions where possible.

Our participants tell us that they enjoy meeting new people with shared experiences, many of our participants are vulnerable to suffering with loneliness and isolation.

A regular walker, Sekou, explained in his own words to me that attending our regular walks has:

Encouraged me to get out

I feel better – it improves wellbeing. There's a definite mental health benefit, it has helped me improve my mood.

I know my surroundings more, I know the local area of Glasgow

I have met new people and make new friends

Improve English speaking, communication skills, planning skills

We now have a planning group of volunteers who plan walks to different places as well as visits to other organisations that help people seeking asylum. These include a mix of new routes and familiar places that we enjoy like Botanic Gardens. Some of this group will attend the Walk Leader Training course in the near future and become walk leaders themselves.'

