

Joy Ethic's story

GM Walking and Wheeling Grants

The Walking and Wheeling Fund

The GM Walking and Wheeling Fund provides grants to local voluntary and community groups with the aim of getting Greater Manchester more active. The grants support a huge range of projects that encourage people who are usually less active to start or to increase the amount they walk regularly.

One of the groups benefitting from this was Joy Ethic, which is a community-based social enterprise offering supportive, connecting activities that help build stronger, happier communities.





Here, Jolene from Joy Ethic tells us more about their Walking to Wellbeing project and what's next for them.

Walking to Wellbeing is a walking and talking group for adults who want to meet new people and move more together while taking part in some simple wellbeing activities.

Joy Ethic and the group have co-created a supportive and accepting atmosphere which helps group members to make new connections and reduce isolation. They focus on strength-based, achievable goals and a variety of guided paired and group conversations.

The group members have a range of mental and physical health challenges such as anxiety, PTSD, respiratory conditions, and musculoskeletal issues which mean longer walks aren't an option for them at the start of their journey to wellbeing. As such, they really value the shorter length and more relaxed pace of the walk being right for them - as well as the opportunity to have a chat and a brew at the end!

“This group has come into my life at a time when I needed support the most. It has brightened my Fridays and given me motivation to appreciate life and look after myself more”.

How's it going?

The project has been a great success.

All group members said that taking part helps them to become more active, more confident, and to feel an increased sense of purpose.

The group's confidence has improved to such an extent that two group members have recently volunteered to lead the walks, which Jolene says will vastly increase the sustainability of the project.

What's next?

They plan to explore other potential sources of funding so that they can continue to grow the group and expand into new areas, providing the service for those who need it most.

To find out more about Joy Ethic, the activities on offer and how you can get involved, please see their [website](#).



For more information on the GM Walking Fund please contact:
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