



Partneriaeth Rheilffordd
Cymunedol Dyffryn Conwy ac
Arfordir Gogledd Orllewin Cymru

Conwy Valley and North West
Wales Coast Community Rail
Partnership

CREU
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TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES



PARTNERIAETH TIRWEDD Y
CARNEDDAU
LANDSCAPE PARTNERSHIP

Walking *for* Wellbeing

An award-winning community
engagement project delivered by
Conwy Valley and North West
Wales Coast Community Rail
Partnership with support from
Mind, Carneddau Landscape
Partnership and Cartrefi Conwy



Walking for Wellbeing



A challenging year: 2021 has been just as challenging as 2020, with the Covid restrictions imposed by local governments during the winter months impacting on our mental and physical health. The Conwy Valley and North West Wales Coast Community Rail Partnership wanted to recognise the impact on local people and their mental and physical health during these difficult times.

Working in partnership: Talks took place between the Rail Partnership and Carneddau Landscape Partnership - a partnership of organisations delivering a scheme to help people discover, record, care for and celebrate the Carneddau region with the help of funding from the National Lottery Heritage Fund. Together, the partnerships co-funded a series of walks led by local mental health charity, Conwy Mind. In total, 4 walks within the Carneddau region and the catchment area served by the Community Rail Partnership were identified and researched by walk leader, Nick, a member of Conwy Mind's Wellbeing team.

Ways to wellbeing: The walks focussed on the '*5 ways to wellbeing*' and mindfulness. Walkers were encouraged to take part in **Connecting, Giving, Learning, Taking Notice** and **Being Active**. The surroundings suited the exercises perfectly - woodland space with nature at fingertips. The group were also strongly encouraged to share their own experiences and knowledge. This created confidence with support given from the rest of the group through positive body language and active listening.

Walking for Wellbeing

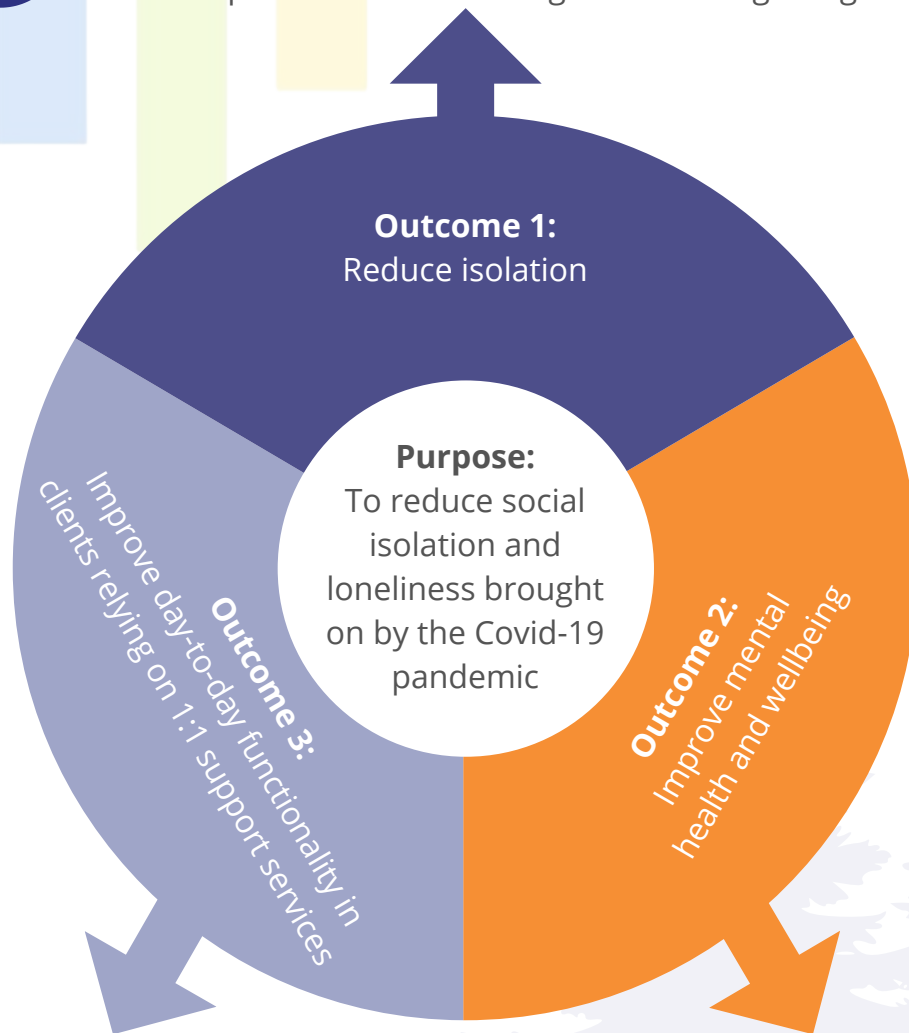
of Future Generations (Wales) Act 2015

The Walking for Wellbeing project contributed towards:



A Wales of Cohesive Communities

- New partnerships created and new friendships formed
- People from diverse backgrounds brought together



A Healthier Wales

- Physical and mental wellbeing improved
- Fewer referrals made to GPs and other 1:1 support services




A More Equal Wales

- People of all abilities encouraged to take part
- Routes adapted for those who found primary route difficult to follow



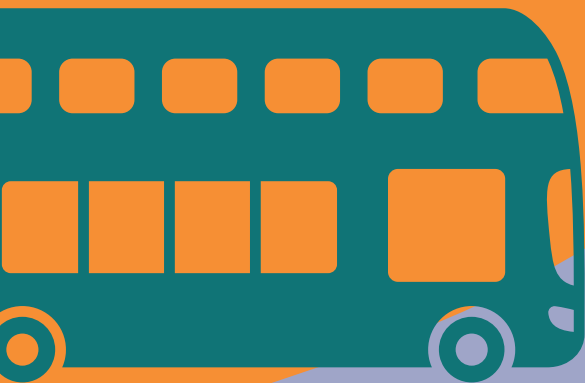
4

wellbeing walks within
the Carneddau region
and the Community
Rail Partnership
catchment area



Partnerships

formed with Conwy Mind, Conwy County
Borough Council, Cartrefi Conwy, Carneddau
Landscape Partnership and North Wales
Housing Association



Participants reported
an increase in

confidence

when using public transport



of people who attended a walk felt
afterwards that they were better able to

get things done

and had a greater

**sense of
achievement**

Approach



Challenge

- To reduce the feelings of social isolation and loneliness caused by lockdown restrictions during the Covid pandemic



Collaboration

- 3 partnerships working together to create wellbeing walks for local people feeling the effects of lockdown
- Use of public transport for traveling to and from the walks
- Partnerships working together to fund walks that benefit the mental and physical health of local communities and raising awareness of mindfulness and the Carneddau region



Involvement

- Mind: registration, risk assessment and walk leader
- Community Rail Partnership and Carneddau Landscape Partnership: funding, route recognition and social networking



Integration

- Positive impact on participants' overall wellbeing, sense of achievement and positivity
- Working with mental health professionals to enhance wellbeing
- Integration of public transport and health helping to meet wellbeing objectives



Long Term

- Plan a new set of walking routes and include experts in the field for a variety of topics
- TfW partnership with Carneddau Landscape Partnership featured on Community Rail Partnership website to entice more people to take part
- Promotion of the use of public transport to enhance wellbeing

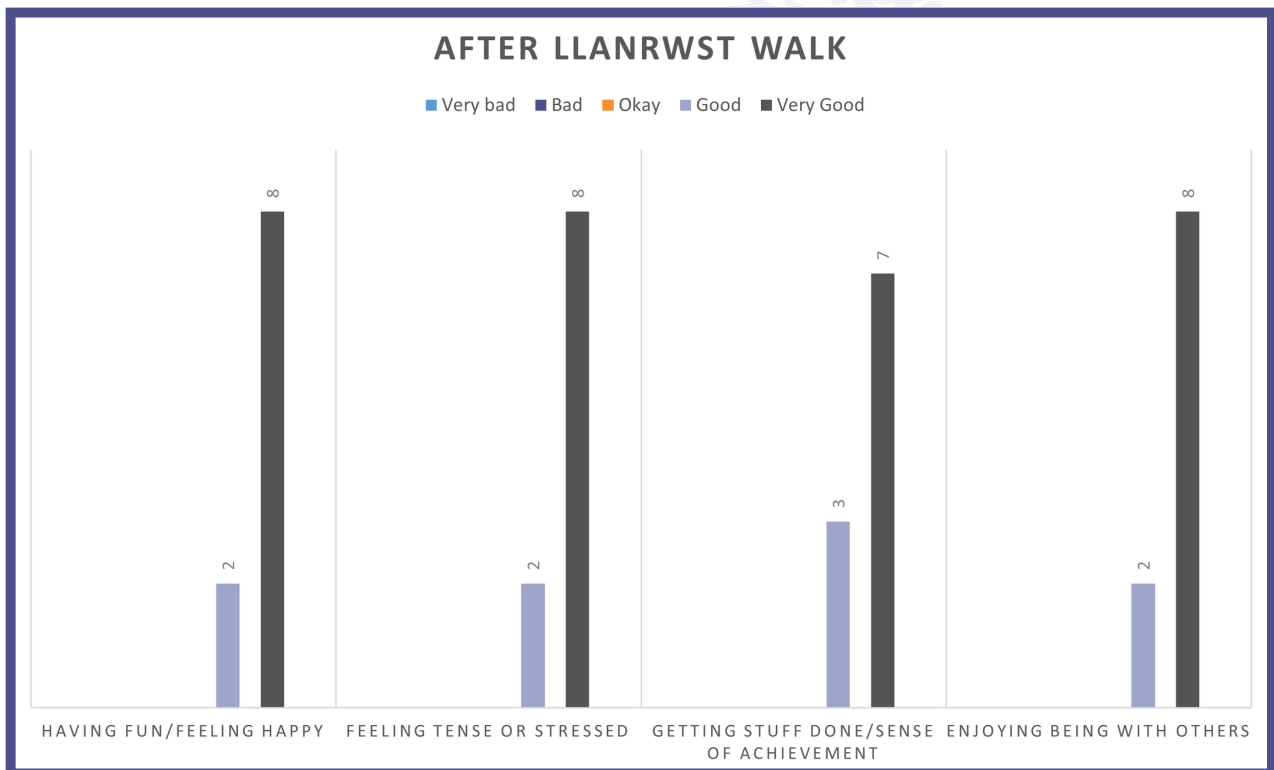
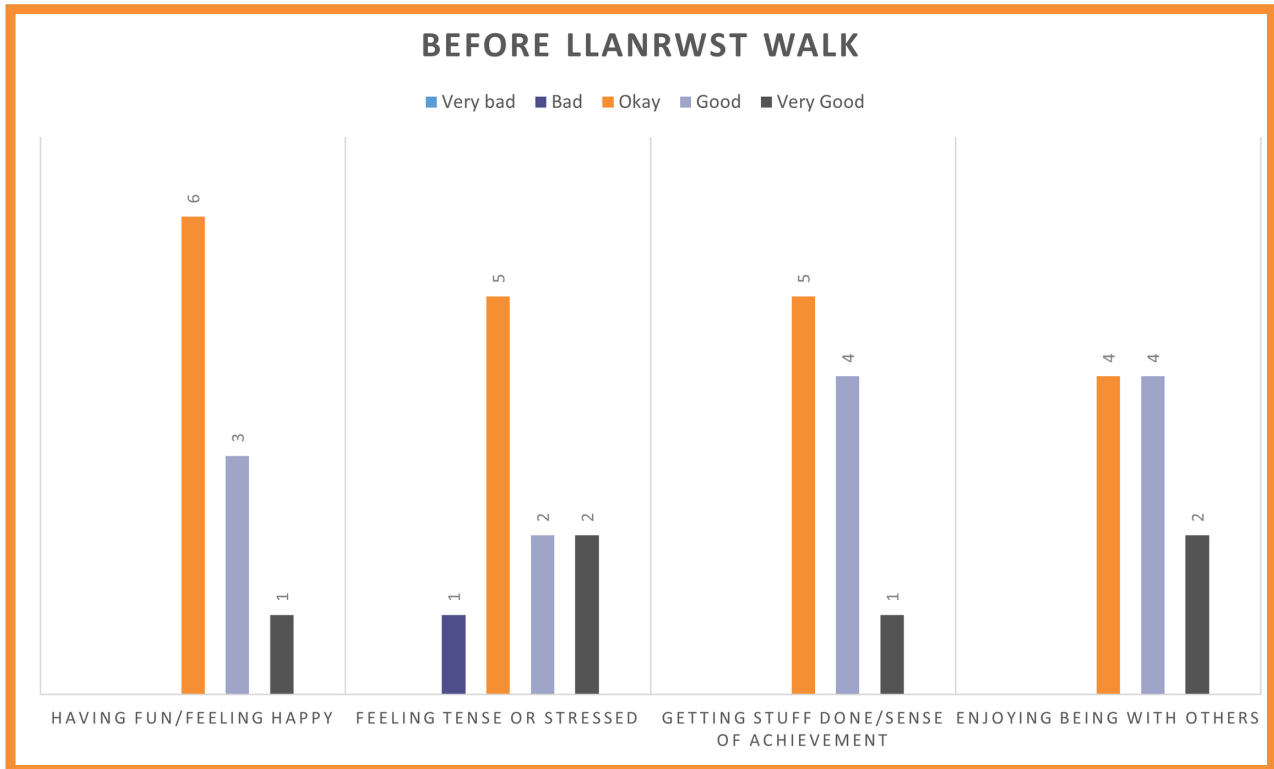


Prevention

- Use of public transport to attend wellbeing walks, increase in confidence to travel
- Fewer referrals to GP services with mental illness and poor mental and physical health
- Introduction of likeminded individuals to create a new social network

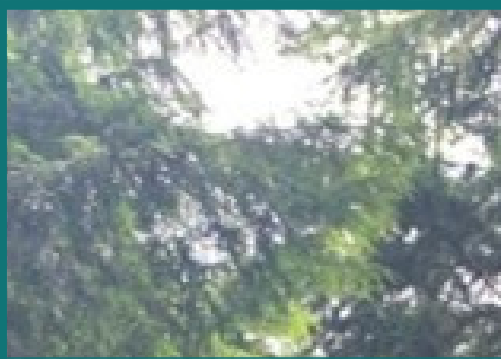
Impact

The following data and qualitative feedback reflect the positive impact the Walking for Wellbeing project has had on the individuals who took part:





"I enjoyed the friendly, relaxed feeling in the groups – I was made to feel very welcome."



"I enjoyed stopping and being silent for a minute and just listening – I don't think we do it often enough in our daily lives, to just be in the moment."



"I really enjoyed walking with friends and the other groups."



"I enjoyed walking in some lovely local areas with time to chat and take in the views – even in the mist on Conwy Mountain!"



"I liked having the opportunity to meet other people and enjoyed the sociability of a group walk."



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What next?

- New partnerships formed for stronger working relationships in future
- New friendships formed amongst those who attended the walks
- We will continue to work with new and existing cohorts to create maximum impact on the physical and mental health of local people

Contact us



@RheilfforddDyffrynConwyConwyValleyRailway



@LeinDconwyVLine

