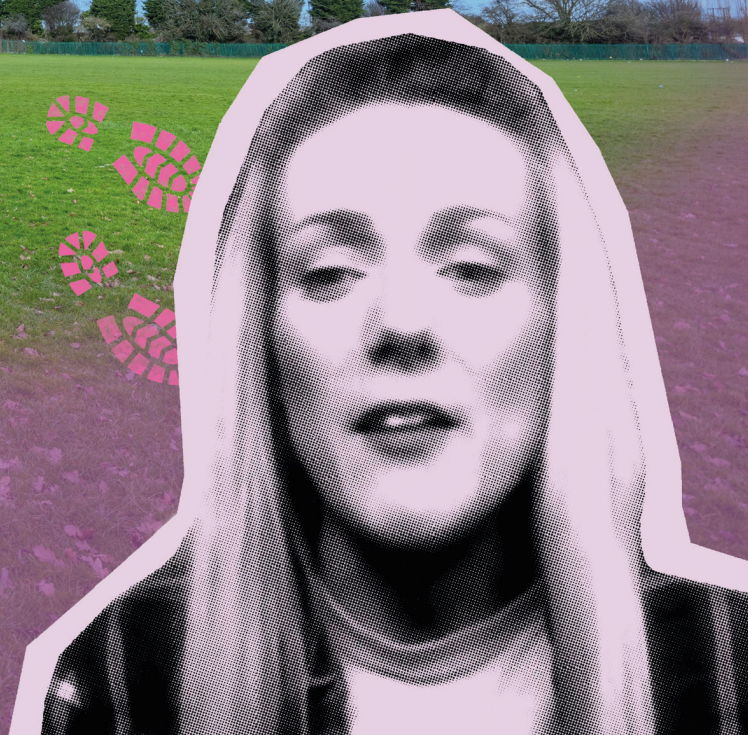


**IT BEATS
CLIMBING
THE WALLS**

POWERED BY



**GET
DONCASTER
MOVING**



READ ABOUT HOW WALKING HAS HELPED DONCASTER RESIDENTS AND DISCOVER WALKS RIGHT ON YOUR DOORSTEP.

Lockdown has made it harder for all of us to stay active, and we know that's not good for our mental and physical health.

That's why Doncaster Council is launching a new campaign to Get Doncaster Moving, our plan for getting more people involved in physical activity and sport. We want to support people in places like Balby to get out and get active.

To begin with, we're keeping it simple. We just want to get people thinking about getting out for a walk in their local area. It's free, it's the perfect excuse to enjoy some spring sunshine and it could really help to improve your wellbeing.

Read about how walking has helped other people in Doncaster and discover what's on your doorstep.

AMY & JAYCIE'S STORY



Amy would admit that before lockdown, she wasn't the most active person. But by getting out for walks in the local area, she has discovered lots of benefits for herself, her partner and her partner's 5-year-old daughter Jaycie. Living in a home without a garden has been challenging for them all, particularly while trying to juggle home schooling for Jaycie. Amy says that building a walk into their daily routine has really helped to improve their wellbeing.

"Mental health-wise, it's had a massive impact," she says. "Just getting out and going for a walk - it certainly beats climbing the walls!"

Walking has also helped Amy to get active in other ways, as she recently completed the Couch to 5k running programme. One of their favourite places for a walk is the local park, where Jaycie also enjoys playing and riding her bike.

Jaycie says: "I think children should go out as much as me, because it keeps them healthy and fit!"





LYNN'S STORY

Balby resident Lynn has found walking to be a life-changing activity. Lynn retired six years ago following a long and successful career, having been impacted by work-related stress.

To improve her mental health, she began getting out for walks in the local area with her dog Fergus, whom she bought following her retirement.

It's made a huge difference to Lynn's wellbeing, as she started to discover more and more places for walking in and around Balby.

"Reconnecting with nature was a big part of my recovery," she says. "When I first got Fergus he was a puppy, so we started off with short 15-minute walks, but now we will sometimes go on walks for two or three hours and have made lots of new friends with fellow dog walkers!"

Lynn is an Occupational Therapist, has trained as a mindfulness teacher, and now runs mindfulness walks for people. She loves making the most of the beautiful countryside in and around Doncaster and is looking forward to hosting more walks as lockdown restrictions ease.

"The benefits of being outdoors for both physical and mental health are just enormous," she says.

PLACES TO WALK IN BALBY

Balby offers easy access to many green spaces and scenic spots, with lots of places to walk. Woodfield Park is a fantastic option, with plenty of green space, woodland trails, a walled garden and cafe for dog walkers, families and children to enjoy. From the park you can also link up to some lovely walks down Woodfield Way, along the disused railway path to nearby Carr Lodge Nature Reserve which then links up with The Greenway to Potteric Carr Nature Reserve and onto Lakeside.

Westfield Park also has a variety of things to see and do, including playing fields, a bowling green and picnic area. For walks alongside the River Don, Hexthorpe Park is another good option, or you could cross the river for a pleasant stroll to Sprotbrough Falls which is on the Trans Pennine Trail.

If you're planning to go further afield, the parkland around Cusworth Hall to the North offers a beautiful and historic setting for a walk. Or to the west of Balby, you'll find more stunning walking routes around Conisbrough Viaduct and Conisbrough Castle.



Get Doncaster Moving is a partnership of organisations who are committed to helping Doncaster's communities become healthier and more vibrant.

If you would like to know more about how we can support you to be active, please contact Balby Well Doncaster Officer:
Hannah McWilliams - hannah.mcwilliams@doncaster.gov.uk
telephone: 01302 736748 mobile: 07866 003935

FOR MORE INFORMATION ON WAYS
TO GET OUT AND GET ACTIVE, VISIT
GETDONCASTERMIVING.ORG/WALKING

POWERED BY



GET
DONCASTER
MOVING



**SPORT
ENGLAND**