

**WHEN YOU
WALK YOU
FIND TIME
TO TALK**

POWERED BY



**GET
DONCASTER
MOVING**

DENVER



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

This past year 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 Denaby 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.

Working from 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!"**





ANGELA'S STORY

A familiar face to many in the Denaby area, Angela is local community champion for the Active Dearne Project and regularly runs activities and groups across Denaby for local people to attend.

Although Angela hasn't always been a keen walker, she's discovered that it makes a big difference to her overall wellbeing.

Angela has health issues, including fibromyalgia and an underactive thyroid, and says walking has been hugely important for both her physical and mental health.

"I don't have a lot of energy, and I do get easily tired, but I've really benefited from walking in so many ways," she says.

When lockdown restrictions allow, Angela runs a range of activities for local people to attend including the Denaby Health Walk. These walks are free to join for people of all ages and abilities, with different routes in and around Denaby.

"Even just walking around the streets can be beneficial," says Angela. "You're always likely to see someone who will greet you with a smile."

More information about the Denaby Health Walk can be found at getdoncastermoving.org



PLACES TO WALK IN DENABY

Denaby offers easy access to many green spaces and scenic spots, with lots of places to walk. There are several walking routes up and around **The Craggs**, where you can enjoy spectacular views once you reach the top of these rocky outcrops. On a clear day you can even see as far as the **Derbyshire hills**.

Denaby Memorial Park is also a lovely place for a stroll, and here you can find children's play areas and historical monuments. A walk around Denaby could also take in local landmarks, such as **Denaby Community Library and Hub** and the vibrant **Grays Court mural**, painted by Doncaster artist **Mandy Keating**.

You can also enjoy a beautiful walk – and soak up the history – at **Conisbrough Castle**. Or you could join the **Trans Pennine Trail** near **Kingswood**, formerly known as the **Earth Centre**, for more lovely countryside walking routes.

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 Denaby's Well Doncaster Officer: Faye McDool - Faye.mcdool@doncaster.gov.uk - telephone: 01302 736001 mobile: 07971 396083

FOR MORE INFORMATION ON WAYS TO GET OUT AND GET ACTIVE, VISIT GETDONCASTERMoving.org/WALKING

POWERED BY



GET
DONCASTER
MOVING



SPORT
ENGLAND