

A PERSONAL BEST

DOESN'T HAVE TO
BE IN THE GYM

POWERED BY



GET
DONCASTER
MOVING



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

The pandemic 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 launched a campaign earlier this year to Get Doncaster Moving, our work towards supporting more people to get involved in physical activity and sport.

To begin with, we're keeping it simple. We'd like to encourage people to try and get out for a walk in their local area. It's free, it's the perfect excuse to enjoy the changing seasons, and it could really improve your wellbeing.

We're also looking to you for your ideas to help encourage local residents to be active. Read on for information about support that's available to you and who you can contact for advice on moving more.

DO YOU HAVE AN IDEA TO ENCOURAGE MORE PEOPLE TO BE ACTIVE?

Local people, groups and organisations are able to apply for funding of up to £500 to support Doncaster residents to be more active. Anyone can apply, from charities and not-for-profits to individuals and informal groups.

One example of a group, close to Stainforth, which has benefited from receiving the Active Communities Grant is Dunsville Dynamos, who run weekly exercise classes for local residents. The funding has allowed the group to continue offering regular classes at a reduced cost for their members – helping them to regularly meet up and keep active.

We've already awarded over 50 Active Communities Grants in communities like Stainforth, to help make a difference and support people to be active. If you have an idea that could help people to get out and be more active where you live, we would love to hear from you! It's straightforward to apply, and we can support you through the whole process.

Visit getdoncastermoving.org or contact Kerry Hughes, Well Doncaster Officer for Stainforth, for more information: Kerry.Hughes@doncaster.gov.uk or on 01302 737433.



Canal Bridge, Bridge Hill



Views over Stainforth

LOCAL HERO KEEPS ACTIVE WITH LITTER PICK WALKS

Retired soldier **Fred Turner** is a regular sight on the streets of Stainforth, thanks to his litter pick walks. Twice a week, the 73-year-old joins volunteer group – Stainforth Environmental Regeneration Volunteers – on walks around the town to collect rubbish. The group helps Fred to keep fit and healthy, as well as helping to keep the village clean and tidy, and has brought members of the community together.

“It keeps me going,” explains Fred. “It gives you a reason to get out and move, and you know it’s doing you some good. We have a chat as we go so it’s sociable too.”

Despite living with arthritis and using a walking stick, Fred says that being active has made a big difference to his physical wellbeing. On the days when he gets out with the volunteers, he usually walks up to 10,000 steps!

“You don’t need to go to the gym or spend money to stay active, you could join a group like ours,” says Fred. “Doing things with other people, at a regular time, is a really good way to stay motivated.”

For more information or to get involved, visit stainforthvolunteers.org.uk.



WALKS TO TRY IN AND AROUND STAINFORTH

You don’t have to travel far to find a nice walking route in Stainforth which has lots of parks and open spaces.

You could enjoy a stroll in East Lane Park, New Park Estate and **Stainforth Miners Welfare Park**, or take a walk along the **Stainforth and Keadby Canal**. The River Don and the farmers’ fields alongside Ramskir Lane offer similar scenery too. If you’re interested in Stainforth’s heritage, you can walk along the new link road and see the old pit-heads at **Hatfield Colliery**, or take a loop around the historic local village of **Fishlake**.



WE'RE HERE TO SUPPORT YOU EVERY STEP OF THE WAY

If you'd like more information on getting active and ways to start, you can contact Get Doncaster Moving Community Connector Lisa Aiken. Lisa helps Stainforth residents move more and can share information about the opportunities that are already available in your community, as well as put you in touch with people who run activity and sports groups. You can contact her at Lisa.Aiken@doncaster.gov.uk or on 07840 201588.

If you're interested in supporting the local community to be active, please contact Stainforth's Well Doncaster Officer, Kerry Hughes. Kerry supports local people and groups across the community to work together on what matters to residents, to build a stronger Stainforth. You can contact her at Kerry.Hughes@doncaster.gov.uk or on 01302 737433.

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

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