

Alliance Community Links Practitioners

Health Walk Case Study, Summer 2022

The Alliance Community Links Practitioners are based in GP surgeries across Glasgow and work with patients on the issues that are affecting their overall wellbeing such as money worries, housing issues, isolation, loneliness, gender-based violence and addiction. They work to identify the resources and services that can support people long-term. Many of the Links Practitioners have set up health walks open to not only patients but the local community too.

Carrie Donnelly is based in a practice in Croftfoot and leads a walk every Tuesday around Kings Park with colleagues. She says 'We started the walks as we wanted to be able to offer the people we were working with the chance to meet others as well as encourage gentle exercise.

The walk leader training was great as it highlighted the things to be aware of when running a walk - the barriers some people can face and how to overcome them as well as the tips on how to make sure each person gets the most out of a walk. The Good Move support was invaluable during Covid lockdowns in keeping us up to date with the relevant guidance and helping us keeping our walks going whilst ensuring they were safe for people to attend.

Being able to invite the people we work with to one of the Health Walks we run has been so beneficial, it has allowed us to encourage someone to build connections as well as explore their local area and get some exercise on top of that! All in a supportive environment where we can be there to offer support and encouragement when needed.

I enjoy seeing people make new friends, form connections, have the chance to socialise and talk to others as well as being out in the fresh air. It is a good chance for us to catch up with colleagues as well!'



The Kings Park walkers tell us they like the health walk because;

'I meet people, enjoy the weather – especially on good days! – and there is no pressure to be here if you don't feel up to it. The walks have made me aware of what I can do and what my limitations are'

'It helps me with my mental health and gets you out into different company. It keeps you moving. Since we are not all able or healthy to do things on our own it's been a life saver for me.'

'We enjoy meeting new people and it gets us out the house. We feel a bit fitter and it helps us get active.'

'it's allowed me to meet some interesting people and encourages me to go out at a time that I wouldn't usually. On days that I'm struggling to go out or do anything this group in its way forces me to overcome the negative thoughts and go out and meet them and it changes my mood.'

'I have met new people and feel grounded in my new home in Glasgow. Others feel the same as me and that makes me less anxious which is really good for boosting my mental wellbeing and physical health. I feel at home here now. Thank you 😊'

'It is a chance to meet new people and get out in the fresh air. I enjoy the exercise and feel a good bit fitter'