



## Know Your Neighbourhood The People Focused Group

### Just a walk means so much

Our organisation helps to provide peer support for people with mental health conditions here in Doncaster. The Know Your Neighbourhood funding we received from the Trans Pennine Trail national office helped us to organise rambles along the TPT in Doncaster which we wouldn't have been able to run without funding.

The funding helped us buy some equipment that our participants just don't have access to and some lunch to make sure they had provisions for the day. This may only seem like a simple gesture but it means the world to people that we help support. The saying, "Little things mean a lot," really resonates with all of us involved in The People Focused Group. We were able to give people a chance to get out into their local countryside but without our support they just don't get a chance.

Just to put this into perspective, the people who joined us were veterans, carers, people who were blind or had a physical or mental disability. Sadly these are often members of our society who don't very often get asked if they'd like to join a walk with a lovely group of people with no pre-conceptions.

From events as simple as these, we had some great feedback that we'd like to share:

*"It was lovely seeing J and her gorgeous dog T."*

*"I had a fantastic time, really looking forward to the next one."*

*"Really enjoyed myself. I am so pleased with my new boots, my old ones were on their last legs, this means I can go on more of these walks, I find that walking really helps to clear my head."*

*"I have been having some personal problems lately. I was lovely to spend the morning doing something different, somewhere different. I felt so much better afterwards. I have already put my name down for the next one."*

Sometimes people don't always want to visit our office, so this gave these people the chance to come along and say hello in an area that was less busy – and more green!

### The People Focused Group



The People Focused Group - Doncaster	
Aim of Organisation:	The People Focused Group offer peer support to help deliver community support for people with mental health conditions– it maybe just a smile or something more practical. They have set up a Community Warden Scheme, Muslim Ladies and a Safe Space to help with the local mental health crisis. They have also provided 'Bumping Spaces' which are simple places in the community that can become revived to provide much needed community meeting places.
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