

## Walking for Purpose - Introduction

The project is delivered by Sheffield City Council and the purpose of the project is to engage with **people across the city who are currently looking for employment** and to increase their physical activity levels through walking, which we know has proven significant health benefits.

### What is Walking for Purpose?

- A free walking and employment project for residents of Sheffield who are out of work
- A project that aims to work with hard to reach individuals to improve their health and employment prospects
- A weekly programme of walks, workshops and experiences across the city

### Where are we running Walking for Purpose?

- The project has ran for 6 months already in 5 areas of the City including; Tinsley, Lowedges, Darnall, Gleadless Valley and the City Centre.
- We are moving the project into High Green the week commencing 15 January 2018 until – 20 March 2018

### How does Walking for Purpose work?

- Each block of walks runs for 10 weeks.
- Participants take part in a walk, employment skills, visits to providers and vocational activities with a varied programme on offer throughout the 10 weeks
- The project is delivered in partnership with our VCF partners in and around the local area
- People can self-refer into the programme or be signposted from a number of partners
- We work with other organisations such as Voluntary Action Sheffield, Learn Direct, The Suit Works, Sheffield MIND among others to develop opportunities in training, volunteering and employment

### Proposed Programme

**Tuesday;** 12.30pm until 2.30pm – Start Venue TBC.

### What we want from you

- This project isn't just about us, we want to work with you to signpost people into your services/programmes/sessions
- We want to work with you to help shape what the project looks like and how it fits in to the wider networks on offer in the area.
- Help recruiting and signposting participants

### What we can do for you

- Be a referral pathway out of your organisation for participants
- Refer people into your organisation where appropriate
- Visit your place of work/project and promote the project
- Provide you with a platform to engage with potential clients

