



---

## A Project For People Aged 50 and Over



01274 395 144

---

The Walk from Home Project is an exciting project that aims to improve the health, confidence and well-being of older people.

Older people can often lose confidence after having a fall or following a period of illness which can result in them becoming housebound.

This can have an impact on their physical and mental wellbeing by reducing mobility and leaving them isolated.

### **How does it work?**

Walk from Home works by matching each person with a volunteer. Volunteers provide encouragement and take the person on a short walk.

Walks are tailored to suit the ability of the individual person and geared to gently increase confidence and physical fitness.

Walk from Home aims to gradually build up the confidence of the person so eventually they are able to venture out unaccompanied or feel confident enough to join other appropriate activities that will promote their independence and reduce isolation.

# “Small steps can make a BIG difference”

Regular walking is good for people of all ages

## ***Going for a walk ...***

- ☑ Gets you out of the house
- ☑ Strengthens your heart
- ☑ Gives you more energy
- ☑ Helps you to sleep better
- ☑ Makes your joints more flexible
- ☑ Improves balance
- ☑ Provides opportunities to meet people
- ☑ Makes you feel better!!

## Volunteer with us

**New Volunteers are always welcome. If you are over 18 and are able to donate a couple of hours of free time every week, then we would be delighted to hear from you.**

Our Volunteers make an enormous difference in helping improve the lives of older people

For more information, or to request a volunteer application pack, please contact:

Walk from Home Co-ordinator  
Age UK Bradford and District  
13-17 Sunbridge Road  
Bradford  
West Yorkshire  
BD1 2AY

Tel: 01274 395 144  
[wfh@ageukbradfordanddistrict.org.uk](mailto:wfh@ageukbradfordanddistrict.org.uk)



Funded by Bradford  
Metropolitan District  
Council, Adult

City of Bradford Metropolitan District Council

[www.bradford.gov.uk](http://www.bradford.gov.uk)

Registered Charity No. 1025961