

# YOKER SUPER SENIORS

Yoker Super Seniors is an independent group of people over 60, who meet at Yoker Parish Church in Glasgow. They meet fortnightly for discussions and activities and go on overnight trips once a year.

In 2019, they worked with Living Streets' Walking Connects project to look at ways they might want to promote walking. The group includes a range of abilities – from people who find it difficult to walk across the room to people who are regular hikers.

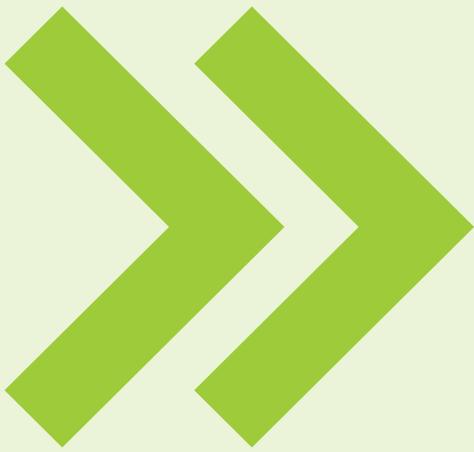
After exploring lots of options, they decided to focus on ways of increasing the amount that group members walked, with the aim of building fitness and group connectedness. At the same time, everyone was very clear that they had not joined a walking group and that this should not “get in the way” of group activities for people who didn't want to participate.

The activity the group came up with was called “a group that walks, not a walking group”. At every other session, the meeting would begin with a half-hour local walk, initially led by a Living Streets worker, for anyone who wished to join. This would run for three sessions, before a review with the whole group.

The walks attracted between about a third and two-thirds of the group participants, depending on the weather, and took three different routes, including alongside the Clyde and through woodland. Participants discussed their memories of the river and industrial sites they could see along the banks, shared knowledge about birdsong

**“A GROUP THAT WALKS, NOT A WALKING GROUP”**





## A GREAT WAY TO GET TO KNOW PEOPLE



and semi-urban wildlife. A highlight of the second walk was a sighting of a seal in the river!

The last walk was followed by a review of how the sessions had gone. The group identified the benefits of these walks and discussed whether and how to continue the project in future.

### Benefits:

- Felt physically invigorated and alert after walking
- Explored new places nearby
- Lovely to spend time in nature
- Chatted to people I don't normally speak to
- I'm new to the group – this was a great way to get to know people
- I didn't know my house was so close – I'll walk to the group in future!

### For the future

- We need someone within the group to lead the walks
- Would the walks fit better at the end of the session than the beginning?
- People walking at different paces kept getting separated – we need someone to keep the group together

The group agreed that in future the walks would take place at the end of the group session, and a member of the group volunteered to be its “Walking Champion”, deciding on routes and leading the walks.

### [livingstreets.org.uk/scotland](http://livingstreets.org.uk/scotland)

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SCO39808 (Scotland). Company Limited by Guarantee (England and Wales), Company Registration No. 5368409. Registered office: 2 America Square, London, EC3N 2LU