walk for wellbeing.

in support of Hospitality Action

powered by mum. talent taken care of

Let's walk the walk and make a difference together

# Take strides to promote wellbeing in aid of Hospitality Action this autumn



UK charity Hospitality Action invites the nation to put on their walking shoes this autumn and take part in *Walk for Wellbeing*, a nationwide movement to help promote health and wellbeing within the hospitality industry.

Now in its 4th year, powered by UK hospitality talent partner mum in partnership with Caterer.com and Peoplebank, the charity's annual walk is a fun, flexible event all about coming together to take simple steps towards raising vital funds to support individuals and their families in the hospitality sector who are facing challenging times.

Five hosted 20km walks will take place in key cities across the UK on Sunday 8 October in London, Bath/Bristol, Birmingham, Manchester, Glasgow. Those who can't make that date can 'Walk It Your Way' at a location of their choice any time between Saturday 30 September and Sunday 15 October, encompassing World Mental Health Day on Tuesday 10 October. Created with flexibility in mind, these challenges allow participants to spend quality time on a long or short walk of their choosing with family, friends, colleagues and pets whilst helping raise awareness and critical funds for Hospitality Action.

With mental health issues, the cost-of-living crisis and fear of homelessness at an all-time high, since the start of 2020 Hospitality Action has helped more people than ever, answering 26,809 helpline calls and delivering 6,753 face-to-face and over-the-phone counselling sessions. More than half of those contacting the charity for support directly reference mental health issues such as

extreme stress, anxiety and feelings of hopelessness, with the overwhelming majority also struggling with household debts, with many facing the threat of court action or eviction.

A key priority in 2023/24 is to provide essential support, relief and security to those experiencing times of crisis. The money raised will help:

- Support the 1 in 2 people with mental health issues that contact Hospitality Action for support.
- Deliver in-person and phone counselling sessions.
- Provide emergency grants to put food on the table.
- Ease the pressure of rising food and fuel costs for those households forced to choose between heating and eating.
- Clear arrears for households at immediate risk of homelessness, providing essential relief, security and ultimately improved wellbeing.

**Register today and let's walk the walk and make a difference together.**

For more information and to register, please visit www.walkforwellbeing.org

**Ends**

**NOTES TO EDITOR:**

**Hosted 20km walks will take place in the following locations on Sunday 8 October:**

**London hosted by *mum* and friends:** Battersea Park offers an accessible route suitable for all participants. Starting and ending at the Victorian Bandstand in the centre of the park, the 20km course will take walkers through the picturesque tree-lined central avenue.

**Bath to Bristol/Bristol to Bath hosted by The Bath Hoteliers Association and The Bristol Hoteliers Association:** Home to the first ever Southwest *Walk for Wellbeing,* the route will follow the Bristol and Bath Railway Path. Flat, traffic-free and lined with greenery, the path is fully accessible and well signposted.

**Birmingham hosted by Tonic Talent:** Starting and ending at Alberts Schloss in central Birmingham, this 20km walk will take in green spaces such as the scenic Edgbaston Reservoir and pass through some of Birmingham's historic canal network.

**Manchester hosted by The Manchester Hoteliers Association:** Starting at Sale Water Park, the 20km route will follow the lake, joining the river Mersey before heading along the riverbank to Chorlton Water Park and beyond.

**Glasgow hosted by Davidson Asset Management:** Strathclyde Country Park – located in 400 hectares of countryside in the valley of the River Clyde, participants will circle Strathclyde Loch just over three times.

**Join us at a post walk celebration**
All those taking part in the hosted walks on Sunday 8 October are cordially invited to join us at a post walk celebration taking place at a venue nearby (venues to be announced).

**About Hospitality Action**
Hospitality Action is the trade charity for the hospitality industry. Registered Charity number: 1101083.

**How we help**
Behind their smiles and slick service hospitality workers can fall upon hard times just like anybody else. Ours is a stressful industry, with long hours, high pressure environments and physically demanding work. Since 1837 we've been here for chefs, waiters, housekeepers and managers. We've been here for concierges, receptionists, and kitchen porters. And we've been here for every sommelier, bartender, catering assistant and cook throughout the UK.

The last three years have been transformational for our industry, the people who work within it and for Hospitality Action too. We were one of the first UK charities to mount an emergency response to the Covid- 19 pandemic in 2020 and we kept pace with the stop-start nature of re-opening as each wave triggered business closures and increasingly unpredictable employment patterns. Our grant-giving, advisory services and EAP provision continue to evolve to meet the ever-changing demands of the industry in the face of the cost-of-living crisis.

Since the start of 2020, we have spent over £3,000,000 and awarded more than 10,000 grants to hospitality households across the UK. Whatever you do in hospitality #wevegotyou.

For more information about Hospitality Action visit www.hospitalityaction.org.uk

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