

What You Said!

Achnasheen Regional Meeting 2011

“A walker with epilepsy can only take part because he has the support of the group.”

“A carer with a disabled wife travels 20 miles to join our walk so he can meet others and socialise.”

“Walkers look out for each other.”

“Fantastic wildlife and scenery!”

“There’s lots of laughter and noisy chat on all our walks!”

“Our walk leaders point out various animals, insects and plants that we see on the walks.”

“A few people with early onset Alzheimer’s have walked with us until their condition deteriorated and frailty stopped them attending. Having a good friendly group enabled them to join in happily, and gave their carers some quality time.”

What You Said!

Fort William Regional Meeting 2011

“Zimmers to the fore! Come and join in!”

“Being part of the community again after being very ill”

“We were able to throw a surprise lunch to celebrate a ‘very senior’ birthday in the group which was greatly appreciated”

“We received a bequest from a deceased walker of Lochaber to provide afternoon teas for walkers”

“A lady who used to walk alone with her head down (now with the group), is now everyone’s friend and is happy. Her family are amazed at the change in her.”

“She was not at all a walker, overweight and wheezy (when she joined), after a few walks – noticeable improvement. After a few months she could tackle our hardest walks with great enjoyment. She’s amazed at what she can now achieve.”

What You Said!

Inverness Regional Meeting 2011

“New friends!”

“Overcoming Loneliness”

“Exciting weather!”

“I stop and look at the views, learn about the wild flowers”

“The walks have been part of “a convalescence from heart surgery”

“Our walk leader broke her ankle. The group walked at her pace as she recovered – all part of the Step It Up Highland ethos!”

“We incorporate spring flower watch with pond dipping and archaeological sites in our walks”

“He suffers from arthritis and uses two sticks, unable to walk on his own. We do a 1 to 1 walk with him. He’s sooo appreciative and his health is improving.”

“She gained confidence on the walks through the company and was able then to get work”

