

Jo Blogs again!

WALKING, TALKING AND GETTING OUR LIVES BACK ON TRACK!

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July 2021

Here we are almost in August and “Freedom day” is upon us.

But what does this actually look like?

To many, a chance to get out and mix with larger groups and spend time at events with friends and family. The social aspects that we have missed so much and waited patiently to feel safer to be part of.

With 38,928,936 people having had 1st dose of vaccine and 30,452,042 the 2nd in the UK, most people feel safer and more hopeful that life will return to how it was.

[Statistics » COVID-19 Vaccinations Archive \(england.nhs.uk\)](#)

However, realistically there are many in our communities that are still struggling to get out and about due to health conditions or lack of confidence, exacerbated by the pandemic and we need to be aware and supportive to them.

What better way to regain confidence and connections with others than to be outside in nature.

I believe we all play such a huge part and almost a duty, in supporting others to get involved and “Find their Feet” again.

We should be supporting our communities to seek out healthier lifestyles which they can maintain for a better future for themselves and their families, offering support and motivation to those who need it most.

In my role with C360 and as an Ambassador for “Finding Your Active” with Active Essex, I see the best way forward is to talk with communities and find out what would interest and motivate them to get more active. Let’s look at what the people want and do our best to action this wherever we can.

We all need to support each other more than ever to get healthier, get more active and stay on track for a better future for us all.

All of the walks that C360 offer in both Colchester and Braintree will be supported by a staff member or one of our amazing volunteer Walk Motivators.

They are not hikes and no special equipment is needed.

Everyone is welcome and you will find them friendly and supportive whether you want to talk, or just walk quietly and enjoy being outside in nature.

Please do get in touch and make that first step..literally.

We look forward to meeting you soon.