



Fatimah's Story

Fatimah* joined our Friday Wanderers walking group in September 2022. Friday Wanderers is a walking group for women, based in and around Crow Nest Park in Dewsbury with a focus on gentle walks with interesting themes rather than step counting. Since the group began, participants have learnt about the history of some of the plants, trees and fungi that can be found in the park, explored the medicinal uses of the plants they found and also tried their hand at nature sketching and photography.



Friday Wanderers is a very welcoming group. A wide variety of languages can be found amongst participants and nobody ever has to worry about being left out as people regularly swap buddies as they stroll. During the sessions, there is always time for the group to stop and take notice of the natural surroundings, to be present and to listen to each other's problems. Strong and lasting friendships have been built from the group and everyone learns from and helps to inspire each other with conversations about everything from nature, camping trips, hikes and wild mushrooms to beauty tips and everyday events. Sometimes there is shared food or a picnic too.



In Her Own Words:

"Recently my son passed away. I felt like everything was taken away from me and I was looking for something to help me take my mind off it."

"I didn't want to go down the route of medication and doctors, I wanted to do something for myself. I saw the walk advertised on the S2R website before, but due to work commitments was not able to attend any sessions. I followed S2R on Facebook and got in contact when I took time off work for my mental health."

"I was trying to find ways to heal, grieve, get on with my life; to move forward, take each day as it comes and find something that worked for me. I always enjoyed outdoor space but due to the tragic death of my son, lost all ability to enjoy life."

*Fatimah is not her real name.



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“When I first came, I didn’t want to talk about losing my son in the group. I just wanted to start living, so I didn’t mention what happened to me. I just wanted to take my mind off it. Eventually I did speak about it to the group. As we walked around the lake, the conversation led us to my story.”

“I am a wife, mother, daughter, auntie, I have to be strong for all. I had to move on, I had to live.”

“Each week I look forward to coming to the group. When I am walking the time passes so fast, but I notice when I walk now. I can take in all the wonders of the park. I like how we talk about plants and I’ve learnt stuff and take notice of nature, like the swans and trees.”



“I’m back at work now, The day I walk, I feel better and I am more focused. I couldn’t go to work without walking.”

“I tell my other friends about the group and tell them what I learnt. Some people don’t understand why I do these things, but I do it for myself. I’ve made friends and I’ve started walking on my own now.”

“Walking with the Friday Wanderers has improved my mental health. I’m enjoying the outdoor space without worrying about what other people will think about me as I don’t want them to feel sorry for me. We talk about the latest news, things happening around the community and new projects led by the group leader which inspire me with ideas for my own projects.”



“I’d like to explore more of the wellbeing groups from S2R. This is my journey and I’m doing it for myself.”



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