



PROMOTING • EDUCATING • CONNECTING
Actively Improving Mental Wellbeing

Ewen's Room Walk & Talk

Here at Ewen's Room we know how good it is for our mental health to get outside in the winter months- and we know that setting a goal can give us the extra incentive we need to get out there!

So this January we are encouraging all who can to get out and about for a good cause; pledge your miles and help us to reach our target- to collectively walk the coast of Scotland in 2024 and raise funds to continue to improve mental wellbeing in Lochaber!



Pledge Your Miles

Choose how many miles you would like to walk- it can be as little or as many as you can manage- if all of us at Ewen's Room and our lovely Facebook friends do 6.1 miles each we can collectively walk the Scottish Coastline in January!



Track Your Miles

Track your miles during the month- you can use an app on your phone such as 'Steptracker' or a pedometer or even a good old fashioned map!



Enjoy Your Miles

Join us on the walks we have organised during the month of January- it's nice to have a blether while you meet your goal.

Raising Funds



Use our downloadable sponsorship form, request a paper copy or see our online information sheet to start your JustGiving page where your sponsors can donate online.

Any funds we raise during the Walk&Talk will go into continuing our efforts to help people experiencing mental health problems in the Lochaber area- provide counselling services, open door community drop in sessions and various workshops for wellbeing. It will also help us to continue delivering our Wellbeing Hero and Champion courses to schools in the area.



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Walk & Talk Sponsorship



Sponsorship Form

Download and print our easy to fill out sponsorship form where your sponsors can write the amount they are willing to donate. Once you've completed your miles simply collect the sponsorship money and deliver it to us at Ewen's Room.



Donate

If you cannot join in this time but would still like to donate please visit our website for more information;
www.ewensroom.co.uk



JustGiving

Setting up a JustGiving account and sharing it with friends, family and on social media is a great way for people to support you and us online. Please see our guide below on how to set one up!

Setting Up a JustGiving Page

Steps to setting up your JustGiving page:

1. Visit our Ewen's Room JustGiving page (www.justgiving.com/ewensroom) and click 'fundraise for us'
2. You will be prompted to sign up or log in to your account
3. Select the event you are fundraising for: "January Walk&Talk"
4. Choose your fundraising web address (this is the link you will share with family and friends)
5. Click 'create your page' and voila you are done!



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Join Us On a 'Walk and Talk' This January



Fun sociable walks
planned throughout
January to help you
reach your goal!



Any funds raised will go
towards helping us to
actively improve
mental wellbeing in the
Lochaber area

**Beat the January Blues and help us
collectively walk the coast of Scotland this
January!**

For more information and a downloadable Sponsorship pack email:
info@ewensroom.com or visit our JustGiving page:

www.justgiving.com/ewensroom



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Be Safe On Your Walk and Talk!



Join Us

We have walks organised throughout the month of January! We are a friendly bunch so come along for company and chat!

Stay Warm&Light

There is less daylight in the winter months so make sure that you can be well seen if you are walking later on in the day/evening- and we all know what a Highland winter is like, so make sure you are warm and as waterproof as possible!



Hydrate!

Make sure you've had adequate food and drink before embarking on your miles!

Walking & Talking

Look we know you know how to go for a walk and we are looking forward to having you join us; but we have to say that anyone taking part in the January Walk and Talk is responsible for their own safety and takes part, either in one of our organised walks, or their own walks entirely at their own risk! Anyone having a health issue whilst taking part in the Walk and Talk recognises that it's their responsibility to take appropriate steps to safeguard themselves and Ewen's Room does not recognise any liability for any injury or damage caused to or by walkers, third party or property whilst on the walks.



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Can your school help us walk the coast of Scotland in January?



Ewen's Room - Walk & Talk Schools Challenge

We are walking and talking in January to raise awareness for mental health. Being outside can really help our wellbeing as does talking to others. We are challenging schools in Lochaber to log their miles in support of Ewen's Room this January. If schools want to fundraise too with sponsors or donations that is great and you can contact us for more details- but mostly we would like children just to get involved! Let's see if we can as a community walk and talk our way around Scotland.



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