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MEDIA RELEASE

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Scunthorpe community taking care of their health with new Wellbeing Walk

Lincolnshire Co-op has started a Wellbeing Walk in partnership with the **Iron Foundation** at **Scunthorpe United Football Club**, to promote physical and mental wellbeing in the local community.

On the **first Friday of every month**, the walk starts at 10am from the Attis Arena carpark outside the Jason Threadgold stand and people are being encouraged to join.

The walk started two months ago and the local community are already enjoying meeting new people and improving their health and fitness.

Walkers **Eve Thomson** and **Natasha Hall**, who are also mother and daughter, said: *"We saw an advertisement for the walk online and knew we wanted to get involved; it's a great way to get members of the community together and enjoy the fresh air."*

"We're excited to keep coming along every month to meet new people and to spend some quality time together while also exercising."

This is the second Wellbeing Walk the co-operative has started in North Lincolnshire and is continuing to provide ongoing support by helping to upskill walk leaders from the Iron Foundation.

Walk Leader **Jo Schofield** from the Iron Foundation said: *“The Iron Foundation wanted to set up an inclusive and accessible Wellbeing Walk that’s for all our community and not just Scunthorpe United supporters.*

“Lincolnshire Co-op has been an incredible support from setting up the walk, training our walk leaders and encouraging local people to join us every month.”

Lincolnshire Co-op also runs another **98 volunteer-led walks** across Lincolnshire, Cambridgeshire and Nottinghamshire.

Seven new walks have been set up by the society in the last six months across the local area, including **Winterton** in North Lincolnshire and **Boultham** in Lincoln.

Lincolnshire Co-op has also run a Wellbeing Walk with **Boston United Football Club** since March 2025 that has seen great success and has recently set up a walk with **Peterborough United Foundation**.

The Society also has a partnership with national walking association **The Ramblers** that provides funding and learning materials.

Lincolnshire Co-op Community Co-ordinator **Jenny Hafford** said: *“Our new walk with the Iron Foundation is a fantastic way to access free and inclusive exercise, build new friendships and connect with members of the football club like retired players.*

“We’re excited to see it progress and evolve into a large group of walkers who come every week, so we can continue to make more lives better in our local communities.”

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Notes to editors:

1. **Lincolnshire Co-op** is an independent co-operative society. Its purpose is to bring together ideas, energy and resources to make life better in communities. It has around 300,000 members and 2,900 local colleagues in Lincolnshire and the surrounding counties and an elected board of directors who oversee the business. The society provides **valued services** and supports the **local economy** from outlets across its trading area including food stores, filling stations, post offices, travel branches, funeral homes, a florist, a crematorium and community libraries. It also cares for people's **health and wellbeing** through its pharmacies and support for a network of wellbeing walks. Local good causes benefit through its Community Champions scheme and together, colleagues and members also look after the **local environment** through volunteering.
As well as its trading outlets, Lincolnshire Co-op owns properties, from flats and houses to commercial premises. The society brings land and buildings back into use to create attractive environments. With Lincolnshire Co-op as landlord, rents stay local and are invested in schemes that benefit the community.