



Join our Summer walking challenge – 1,000 miles for Norfolk Clubhouse

Norfolk Clubhouse is looking for businesses to take part in the **1,000 miles for Norfolk Clubhouse** walking challenge this summer!

Gather your teams and lace those boots or trainers for some brilliant walks (or runs!) and do your bit to support adults across the county who are living with long-term mental health issues.

#1000MilesForNorfolkClubhouse



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We are setting a challenge in which businesses collectively walk or run 1,000 miles over the course of one month to raise money for Norfolk Clubhouse.

If 10 people from your business take part, then each person may aim to complete 100 miles within 1 month – but those who are more active may wish to aim higher, while for others, contributing just half this amount will still be an excellent addition to the step total!

Get those trackers ready and get stepping – walk to work, to the shops, walk the dogs, run, jog – anything which requires taking steps – and you'll complete the goal in no time. Treadmill activities count, so if you're more of a gym-goer than a pavement-pounder, you can still help to raise vital funds.

And don't forget to document the progress on your social media channels – we'd love to see it! Use #1000MilesForNorfolkClubhouse to join in the fun!

Why not get your steps in before the kids go back to school? A great way to involve the whole family and do some fun activities at the same time!



About Norfolk Clubhouse

Norfolk Clubhouse is a grassroots local charity, founded in 2019, that promotes positive mental health for people aged 18 years and over. Lifelong membership of the clubhouse community is free of charge.

We support a range of key aims for its members:

- Make new social connections in our supportive, member-led groups
- Learn new skills and grow your confidence through coaching and mentoring
- Improve your wellbeing and resilience with psycho-social support
- Access new opportunities by connecting with local employers and organisations

Find out more at norfolk-clubhouse.org

Norfolk walks for inspiration

Marriots Way

A 26-mile walk that takes you along the disused railway track starting in Norwich, going through Lenwade and Reepham and finishing in Alysham.

Peddars Way

A longer walk stretching 46 miles from just outside Thetford to Holme-next-the-Sea. You'll go through quiet lanes, pretty heathlands and step foot on the historic straight old Roman roads.

Boudicca Way

This walk runs for approximately 36 miles between Norwich and Diss, taking you south of the city for some lovely rural countryside walks.

Norfolk Coastal Path

This is a biggie - a whopping 84-miles starting in Hunstanton and ending in Hopton-on-Sea. It covers a traverse landscape where you'll walk along dramatic cliffs, shingle beaches and luscious marshland, all while hearing the sounds of crashing waves.

How Norfolk Clubhouse will use the donations

Your generous donations will go towards maintaining and expanding the services that Norfolk Clubhouse offers, with a particular focus on activities that support mental health recovery and the development of skills and social bonds.

- Every £90 raised covers the cost of a full-day activity session with a qualified sessional worker, spanning anything from healthy cooking and sustainable gardening to workplace skills.
- If your team manages to raise £1,800 between you, that's enough to run both the Norwich and the Watton hub for an entire month!
- For 2025 and into 2026, Norfolk Clubhouse hopes to raise enough additional funds to invest in laptops and furnishings for a new office skills training room at their Norwich hub.

#1000MilesForNorfolkClubhouse

Create your own fundraising page:

[www.justgiving.com/
campaign/1000-mile-challenge](https://www.justgiving.com/campaign/1000-mile-challenge)



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