



# Rosie

## How Travel Well helped one resident discovered the mental health benefits of walking...

Rosie went on BBC Radio Nottingham to talk about joining a Travel Well walking activity with Sustrans and the enormous positive impact it had on her life. The interview took place after Rosie was referred to the activity by Charlotte Moran, one of the NHS Health and Wellbeing Coaches working on the project at the time.



[Click here to listen to Rosie's interview](#)

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*Well, Travel Well has been amazing for me – because I was just existing. I was just sitting home alone – just, I don't know, I don't know which pathway I was leading down but Travel Well was introduced to me and I've never looked back. It was the walking – I had a walking buddy called Anna. She was amazing. We did three walks and the first walk was in St. Ann's – to Stonebridge City Farm. I still go to Stonebridge City Farm on my own now and I would not have done that before.*

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In the interview, Rosie talks about the impact the walks have had on her mental well-being, going on to say she is now meeting new people and beginning to want to start some volunteering in the community. Charlotte then discusses more about the active travel social prescribing pilot taking place here in Nottingham.

