



move
MATES

SUPPORTED WALKERS NEWSLETTER

2026

Contact Details in
your area:

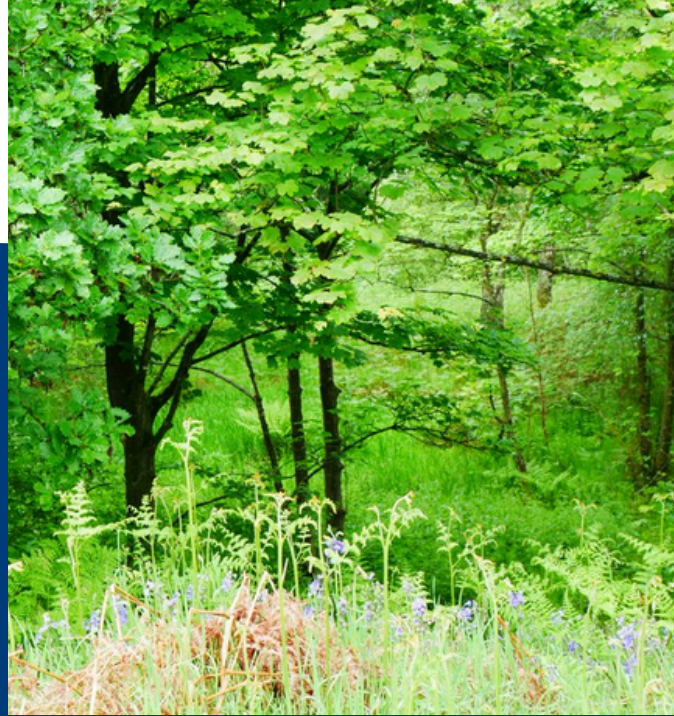
York

01904 373 017

Email enquiries

york@movemates.org.uk

move
THE MASSES



HOT OF THE PRESS

- We are opening our books up for new referrals.
- When you have completed your walk, please remind your Move Mate volunteer to Log the walk.
- If you feel happy to tell your Move Mates story, please ask your Move Mate volunteer to set up a call with Mark.

UPCOMING EVENTS

- Mark will be at the York Volunteering Fair, Priory Street Centre 4th March 2026.
- This year we have the privilege of having a stall at York Pride. This will be a great way of spreading the importance of the work of Move Mates. It will also offer another platform to on-board new volunteers.
- Over the coming weeks Mark may be contacting you to complete a periodic review. They ensure we are offering the correct level of support and aid our funding bids, enabling us to future proof the service we offer you.
- We will be holding a Quiz Night to fundraise for Move Mates on Tuesday 31st March 2026, starting at 7:30pm. It will be held at The Micklegate Social, 148 Micklegate, YO1 6JX. There will be a raffle and lots of laughs! £3 per person, pay on the door by card or cash.



A WORD FROM THE TEAM



Libby Crofts
Project Officer
Libby@movethemasses.org.uk

“Move Mates embodies much of what I value - kindness, connection, health, the joy of movement and access to the outdoors. It’s a privilege to work alongside our amazing supported walkers and their fabulous volunteers.”



Mark Kelly
Volunteer Coordinator
Mark@movethemasses.org.uk
Tel: 07883971548

“I’ve been on a roller-coaster with my mental health for 6+ years - through very low times, my mission hasn’t changed: to break the stigma and speak for those who feel unheard.”

Quotes From You

She felt like she needed to go out for the sake of her mental health.

He also told me of his plans for Valentine's Day, but my lips are sealed!

On nearly 50 walks it's only rained on us twice so we've decided that the sun shines on the righteous!

Updates

We have decided to ask our beneficiaries for a regular donation to help cover the ongoing cost of running the charity. We are asking for £3 per week. This can be set up via direct debit. We hope you understand the reason for this.

Did you know Wilberforce House (The Grove, Dringhouses, YO42 1AN) runs a group walk called "Let's Walk" for people with visual impairments? It takes place on the third Tuesday of the month; they meet at 13:30.

Testimonials

We need a testimonial from you. Please tell us how your MoveMate volunteer has impacted your health and confidence. This doesn't need to be long — a short paragraph is fine. Without this, we won't be able to apply for grants or funding. You can email your testimonial to me at mark@movethemasses.org.uk.

Referrals

We are now open for new referrals. This is the link to the referral form: <https://forms.gle/PvRPTBf7v9rtqS348>
Or you can call us on 01904 373 017.



Gentle Reminder

This short reminder sets out our conduct expectations so Move Mates stays a positive and welcoming project for all. If you have any questions about the code, please contact your Volunteer Coordinator.

- I will be ready to walk at the agreed time. If I can't make it for any reason, I'll let my volunteer or the Volunteer Coordinator know as soon as possible.
- I will treat other people, staff, volunteers, beneficiaries, and members of the public with respect at all times.
- I will not use discriminatory language, including but not limited to racist, homophobic, transphobic, or misogynistic terms.
 - I understand the project is delivered by Volunteer Move Mates and occasionally walks may need to be rearranged or cancelled due to Volunteer illness or absence.
 - I understand a Volunteer Move Mate's role is to provide company and support during a walk; they are not able to assist with other tasks.
- I will let the Volunteer Coordinator know as soon as possible if I have any concerns about the project or my volunteer.

Volunteer Coordinator - Mark

Phone: 07883 971548

Email: mark@movethemasses.org.uk

Thanks for being part of Move Mates - happy walking!



Did you know Move Mates costs £50,000 a year to run?

As many of you will be aware, over the last two years Move Mates has struggled to keep afloat. However, due to a lot of hard work from staff and volunteers, as well as the generosity of our community we are still running in York.

In past years we've been fortunate to receive grants, but funding is becoming harder to secure. You can help us to continue providing this vital service - **please consider supporting us.**

Please visit movemates.org.uk/donate or phone us on 01904 373017 to donate.

Cheques
made out to
Move the Masses

Make a One
of Donation

You can set
up a monthly
donation to
Move Mates

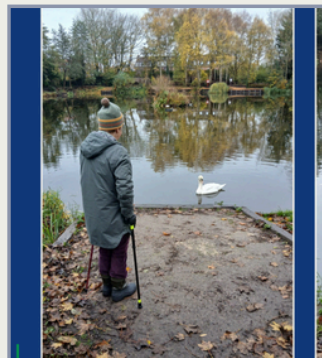
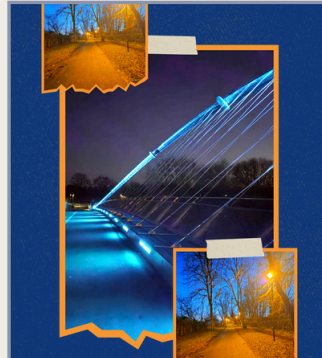
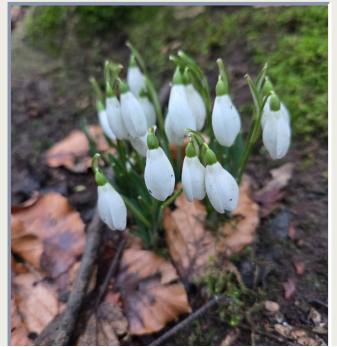
How You Can Help

Standing order:
Bank Details:
Move the Masses
Sort Code 30-98-90
Account Number 18420960

Legacy, leaving
a
donation
to Move Mates
in
your will.

Fundraising

Move Mate Pictures



Social Media Platforms

Contact Us



<http://www.movemates.org.uk/>



07883971548



mark@movethemasses.org.uk



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