

walk for wellbeing.

in support of

**Hospitality
Action**

powered by

mum.

talent taken care of

Let's walk the walk and make a difference together

Saturday, 30 September – Sunday, 15 October 2023

Walk it your way, Nationwide

Sunday, 8 October 2023

Hosted 20km challenge: London, Bath/Bristol, Birmingham, Manchester, Glasgow

walkforwellbeing.org

Walk for Wellbeing 2023

www.walkforwellbeing.org

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Since the onset of the pandemic Hospitality Action has taken strides to support as many hospitality people as possible. In fact, since the start of 2020 Hospitality Action has spent £3,000,000 supporting over 10,000 hospitality households in crisis. Many of those who turn our way face life-threatening illness, homelessness, domestic abuse or addiction, often accompanied by crippling mental health.

And that's why, this Autumn, we're asking you to join us on a journey towards better emotional and physical wellbeing.

The nation is invited to put on their walking shoes and join a 'take part any time' challenge between 30 September – 15 October, encompassing World Mental Health Day 2023 on 10 October. Five hosted Walk for Wellbeing events will take place in London, Bath/Bristol, Birmingham, Manchester and Glasgow, on Sunday 8 October.



Walk for Wellbeing is powered by UK hospitality talent partner, mum and is a fun, flexible event all about taking simple steps to promote wellbeing.

The event is free of charge and accessible to all ages and abilities, regardless of fitness or mobility. The event's main aim is for participants to have fun whilst raising money and awareness for Hospitality Action.



We know the industry and those who supply it are facing unprecedented challenges in 2023.

Walk for Wellbeing provides us with an opportunity to demonstrate our continued commitment to the wellbeing of our sector.

Our 2022 Participants

7 Fifty
Albert's Schloss
BaxterStorey
Bulgari Hotel London
Canopy by Hilton London City
Caravan
Caterer.com
D&D London
Dakota Hotels
Davidson Asset Management
Eden Hotel Collection
Exclusive Collection
Fink Street Food
Four Seasons Hotel London at Park Lane
Fridays & 63rd+1st
Gaucho Manchester
Good Hotels
Grand Hotel Birmingham
Hub International
JKS Restaurants
Kelly's Cause Foundation
Kimpton Clocktower Warriors
Krowd
L+R Hotels London
Lexington Catering
Lightspeed
Liverpool Hospitality Association
LPM London
Macdonald Hotel
Mandarin Oriental London
Marriott Associates UK (Birmingham)
Maryculter House
ME
Montcalm
mum & friends

One Hundred Shoreditch
Park Plaza London Waterloo
Park Regis, Birmingham
Preferred Hotels & Resorts
Purple Cubed
Rare Restaurants
Rosewood London
Royal Lancaster London
Saira Hospitality
Sea Containers London
Shangri-La The Shard
Shaw Trust
The Alchemist
The Arts Club
The Belfry Hotel & Resort
The Botanist, Media City
The Cartwrights
The Connaught Hotel
The Ivy Collection - Caprice - Birley Clubs - Bill's
The Londoner & Edwardian Hotels London Group
The Other House
The Relationship
The Ritz London
Tonic Talent
Turtle Bay
Unilever AFH Marketing Team
University College Birmingham
University of Surrey
Urban Emporiums
Village Hotel
Z Hotels Glasgow
Z Hotels London

“We are excited to bring Walk for Wellbeing back for a fourth year. This year's event is the perfect opportunity for people to come together to promote wellbeing and better mental health, whilst supporting the great work of Hospitality Action. The event has been designed with flexibility in mind, to ensure people can take part wherever they are in the UK, either as an individual, or with work colleagues, friends, family. You're invited to join us – let's walk the walk and make a difference together.”

Craig Prentice

Founder and Director, mum
Founder, Walk for Wellbeing

“Walk for Wellbeing is fast becoming one of the key events in the Hospitality Action fundraising calendar. It has all the ingredients for the perfect fundraiser, it brings people together, encourages them to spend time outdoors, puts wellbeing to the heart of the conversation and raises some serious funds for hospitality people in crisis. In turbulent times, knowing that you work within a supportive team, with well-trained management is more important than ever before, and Walk for Wellbeing plays an important role in normalising conversations about our mental health.”

Mark Lewis

Chief Executive, Hospitality Action



To discuss event partner and supporter opportunities, please contact:

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For any general event enquiries, please contact:

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