

walk for wellbeing.

in support of

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Let's walk the walk and make a positive difference together

Friday 10 October (World Mental Health Day) - **Sunday 26 October**

Walk it your way

Nationwide

Sunday 19 October 2025

Hosted 20km Challenge

Bath, Birmingham, Bristol, Cardiff, Cornwall,
Edinburgh, Glasgow, Leeds, Liverpool, London,
Manchester, Newcastle*, York**.

**Sunday 12 October

*Monday 20 October

Feel
inspired

Walk for Wellbeing 2025

www.walkforwellbeing.org

Walk for Wellbeing is an accessible, meaningful industry movement that promotes the importance of wellbeing in hospitality and generates vital funds for Hospitality Action.



Join the hosted 20km walks on Sunday 19 October, across the UK.
Or walk it your way (any distance, any location, any time) from Friday 10 October (World Mental Health Day) to Sunday 26 October 2025.

Teams and individuals can **register** to walk, free of charge, and access a bespoke fundraising page.

Read on to learn what inspired some participants to take part in previous Walk for Wellbeing's and how they did it.

Christine Henney

HR Director, Rum Warehouse & Titanic Hotel Liverpool

Why did you decide to take part in Walk for Wellbeing?

2024 was Liverpool's first Walk for Wellbeing and we were really excited to come together as the Liverpool Hospitality Association which consists of all member hotels, restaurants and bars within the city. We wanted to make it really special and to give back to Hospitality Action in support of the great work they do for our people within the hospitality industry.

Would you recommend others take part?

Yes! I had quite a few stand out moments throughout the day. As I walked, I spent time with not just my team members from the Titanic Hotel, but I made it my mission to talk to as many walkers to thank them and to find out why and what they enjoyed most about the walk. I found that all of them really appreciated being asked to join us, for various reasons, some as they too suffered with their mental health and said they got such a lot out of the walk and vowed to return to Sefton Park more regularly for the benefits that they felt on the day.

What I enjoyed the most was how we brought together such a wonderful mixed group of warm and supportive human beings who I am proud to call our hospitality hero's for giving up of their time and support for such an important cause.

I am so proud of everybody who took part, including their families and pets who came along too! They all really made the day a great success.



Justyna Szlosarczyk

Training and Wellness Officer, Z Hotels

Why did you decide to take part in Walk for Wellbeing?

Z Hotels is committed to fostering inclusive and open conversations about mental health and encouraging our team members to seek help when needed. By joining Walk for Wellbeing, we aimed to raise awareness about mental health issues within hospitality and promote a supportive environment and come together with our industry peers to make a meaningful impact.

How did Z Hotels take part?

Our fundraising approach was varied. We blended fundraising activities into our annual Summer Festival and held a £2 raffle with prizes donated by our CEO and suppliers. All proceeds went directly to support Walk for Wellbeing.

We also hosted a theatre night, where attendees were asked to make a discretionary £5 donation, boosting our overall contributions.

On the day of Walk for Wellbeing, we placed QR codes at our reception desks, providing a direct link to our fundraising website and making it simple for our hotel guests to show their support.

Our final fundraising effort was a Halloween party raffle, adding to the funds raised and capping off our campaign on a high note.

We raised over £1,500 and Walk for Wellbeing was a great way to showcase our team's creativity and by participating, we demonstrated our dedication to making a positive impact.



Lorraine Jarvie

General Manager, The Royal Crescent Hotel & Spa

Why did you decide to take part in the Walk for Wellbeing?

“Over the years as a GM, I have relied on Hospitality Action to offer support and guidance to several members of my team and sadly this has only increased in recent years post-pandemic. They have been able to assist in a wide range of issues varying from drug and alcohol abuse, immigration support, legal advice as well as much-needed financial support.

Hospitality Action is our only industry-specific charity, so by getting involved and raising money it was our way of giving something back for all the work they do while also ensuring that they have the means to continue their great work into the future.”

How did The Royal Crescent Hotel & Spa take part?

“As a hotel we encouraged as many team members as possible to take part in the walk. We also promoted the Walk for Wellbeing on social media and liaised with our colleagues in other local hotels to get them involved. An example of this is Bath Hampton by Hilton who donated the money raised from a charity bike ride.

At The Royal Crescent, our Housekeeping Team hosted a staff raffle, collecting some great prizes from our suppliers. At reception, we sold raffle tickets to guests to win an overnight stay and our F&B Department added a discretionary £1 donation to all of our afternoon tea bills, which raised over £800. What was important was having a great day out with the team, in the fresh air, and getting gentle exercise to show how important this is for all of our wellbeing.”



Natalia Andrade

Head of Marketing, Fazenda Rodizio Bar & Grill

Why did Fazenda decide to take part in Walk for Wellbeing?

“At Fazenda, we’ve always believed that hospitality is about more than just exceptional food and service - it’s about people. The wellbeing of our team and the wider hospitality community is something we deeply value, and we recognise the unique challenges our industry faces when it comes to mental health. Walk for Wellbeing was an opportunity for us to come together outside of the workplace and bond as a team.

By taking part, we wanted to highlight the importance of looking after each other and encourage open conversations around mental health, both within Fazenda and across the industry.”

What did taking part in Walk for Wellbeing mean to the team?

“Walk for Wellbeing was more than just a walk for us, it was a shared experience that reinforced the importance of connection, and support. Stepping away from our fast-paced day jobs gave us the chance to reflect on our own wellbeing while showing up for our industry.

It was uplifting to see so many like-minded individuals coming together for the walk. Not only did taking part raise awareness of wellbeing but it was also an opportunity for our team to bond, and recharge. Knowing we were contributing to Hospitality Action made it even more rewarding.”



Liene Snukute

UK&I Marketing Executive, MONIN

What inspired MONIN to take part in Walk for Wellbeing?

“At the heart of MONIN are people, they are what keeps our industry alive, but times are tougher than ever. We’re dedicated to supporting the hospitality community however we can; whether through training, sponsorship or in this case, raising awareness. Walk for Wellbeing came along at a time when the MONIN team were reflecting on wellbeing and the walk was the perfect opportunity to support both the industry and MONIN team in a different, more engaging way.”

How did you take part?

“We chose to ‘Walk It Your Way’ on 9 October, the day before World Mental Health Day. Our 20km route started at the MONIN studio in Hoxton Square and walked us through central London, ending in Southbank, visiting some of our customers, keeping an eye out for any autumn/winter trends along the way for our next Drinks Trend Report. Most importantly, we used the walk as a time to be together as a team and raise awareness for wellbeing. During the build-up to the walk, the MONIN team spread awareness through different initiatives, such as our lemonade stand at our Hoxton studio.”



Profound thanks to everyone who took part in Walk for Wellbeing 2024 and helped to raise over £140,000. To do the same this year [register for Walk for Wellbeing here](#).

Get in touch

fundraising@hospitalityaction.org.uk



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About Hospitality Action.

Hospitality
Action

Make a difference.

With mental health issues, the cost-of-living crisis and fear of homelessness at an all-time high, Walk for Wellbeing helps Hospitality Action to:

- Support the 1 in 2 people with mental health issues that contact HA for support
- Deliver in-person and phone counselling sessions
- Provide emergency grants to put food on the table

To discuss event sponsorship, partnership and supporter opportunities, please contact:

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