



Growing the Organisation

SALLE DARE

(MEMBER SINCE 1996)

*Chairman and Get Walking ambassador,
Manchester and Salford Ramblers*



Salle was initially secretary of the Manchester and High Peak Ramblers before she instigated the creation of the Manchester and Salford Ramblers. She wanted to provide a way for people who were introduced to walking via the Get Walking Keep Walking (GWKW) project to continue enjoying group walks.

"I'm very proud that the Ramblers regard my work as worthy of an award," Salle says. "I did it because I think walking is so important for health, the environment, and for enjoyment. And also because we need to open the organisation to a wider range of people. I think we should go back to our roots, when the Ramblers campaigned for access rights for the working classes."

GWKW has reached a diverse range of people and some of the walks in Salle's area have been aimed at those with mental health problems. "I have a background working in mental health," she explains, "and I believe that locking people up in wards does not always help. Many mentally ill people would benefit greatly from walking and would feel better by simply being outdoors and experiencing the fresh air, wildlife and scenery. I believe that we need to make walking accessible to everyone, and I feel very lucky to be in a position to help others get as much pleasure from it as I do."

“I think it's important to campaign for access rights for the working classes”