

WEST PARK

# LEISURE CENTRE



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THE BORROWASH JOLLY JOGGERS &  
THE WALKIE TALKIES

Working in Partnership  
with your Local Authority



[LegacyLeisure.org.uk](https://LegacyLeisure.org.uk)





## BACKGROUND

The Borrowash Jolly Joggers were formed by four busy mums in January 2018. The group has grown significantly since then, with 50 regular runners to weekly meets, providing encouragement and a community feel to the club's runs.

The Jolly Joggers attracts people of all backgrounds and fitness levels. Every year the club holds a Couch to 5K programme, encouraging those new to the sport to progress to completing a 5km run in nine weeks, with participants attending a Parkrun to celebrate the achievement.

In 2023, the club also established the Walkie Talkies; a walking group for those who preferred a slower pace, whilst still wanting to be able to meet friends and exercise with others.

The club has built a friendly and supportive group, always there for each other with encouraging words and support, not just exercising! Members enjoy regular social nights out and host an annual charity summer sports day, with over £3500 raised for local charities over the last two years.

Both Jolly Joggers and Walkie Talkies are led by trained run and walk leaders; people who have given up their time voluntarily to attend courses and regularly update their training. The group is run by volunteers, working around full time jobs and families, and still by three of the original four founders. The group has also previously won awards for services to the community, and has been nominated by its members for multiple other awards.

The Legacy Leisure Community Grant Funding will go towards training another run leader, as well as providing promotional material to advertise both groups.

"We love seeing people being active, and recognise the massive benefits exercise has on both physical and mental health. We keep our group free of charge to ensure accessibility for everyone in the community. We provide a free place for people to attend to exercise, improve their mental and physical health, make friends, and become part of an amazing community we're super proud to have created."