of the way, and a hard core of eight blistered stalwarts walked the full 100 iles he a erage age of this core grou was around 0, the reason for which ight si ly ha e been that those who are older are ore likely to be retired or working art-ti e, hence ha e ore ti e a ailable to walk t ight also ha e ref ected a heritage of ha ing de elo ed careers when social work was ery uch a cha ion of social change and social ustice he younger walkers who oined us brought new ers ecti es, younger li bs and less troubleso e feet than their older counter arts e had great su ort fro and debates with social work students deter ined to ake a difference in their own careers e took ins iration fro each other and the welco es we recei ed fro hard- ressed social work tea s were fantastic

e had lots of encouraging su ort on the streets too, often at the sa e ti e learning about the effects of austerity when eo le, ha ing heard what we were doing, told us their stories ty ical e a le was a young other with a s all child in a ra who got into con ersation with one of the walkers he e lained how she had a disabled child and kee s getting her care reassessed, which always results in ha ing less care he added that e ery ti e she sees her social worker he looks like he s going to burst into tears, and that she feels sorry for hi e had any such con ersations where eo le indicated their su ort for what we were doing due to the i act cuts to ser ices and benef ts was ha ing on the

e were also s urred on by essages of su ort which ca e fro further af eld ne e orable such o ent was dur gsh u gah u gbh u glh u[illegible]hh eg gah u glh u geh u gl gdh[illegible]th u [illegible]th u [illegible]th [illegible]th u [illegible]th gbh u gl lo oi[illegible]lh u goh uu g h u gr gsh u gah u gbh u gsh u guo u glh u[illegible]h u g h u g h[illegible]lh u goh u geh u gsh u gsh uoooh u gbh u rgr g[illegible]h u g h u gohyu gnh dh u g ou g gegh u g h u g ooth[illegible]gh u gdh u gf h u ged u gch u u [illegible]llhiuh u gr gbhoh udu ghh ih