



80%

of teenagers in the UK are not doing enough exercise.\*

70%

of people do not have a very high rating of satisfaction with their lives\*\*

64%

of UK adults are overweight or obese†

\*World Health Organisation (WHO), 2019

\*\* UK Office for National Statistics , 2018

† NHS, 2017-2018

# FAQ'S

**“Bringing people together to do ‘Their Mile, Their Way’, where no one is left behind.”**

**Stephen Mason, Founder**

## What is the Community Mile?

The Community Mile is a wellbeing programme delivered in partnership with grass roots organisations, to support vulnerable communities, providing a starting point activity that everyone can take part in, regardless of ability or background.

We support organisations by providing them with a bespoke training package alongside the practical know how and empowerment to deliver their very own structured Community Mile programme.

A Mile can be a structured or unstructured route, or simply 15 minutes of activity #YourMileYourWay. We tailor ‘The Mile’ to suit the needs of your community!

## What are the benefits? – How effective is The Community Mile?

The Community Mile helps break down barriers to physical activity, bringing communities together, encouraging more open conversations and improving overall wellbeing.

We provide your organisation with a readymade, evidence-based programme of activity that is accessible for everyone. It offers your community group a great way to engage your users in a flexible, starting point activity that everyone can enjoy together.

## How do I find out more information or sign up?

To find out more information, please visit our website where you can register your interest via a simple form. In response to completing this form, we will send you our Community Mile flyer with further detail about the programme, and subsequently arrange for one of our Community Mile team to call you to discuss your interest.

## Can anyone be part of The Community Mile?

**Yes!** We aim to be as inclusive as possible and support your organisation to deliver a Community Mile that suits your setting and the community you serve, regardless of ability or disability. We will work with your nominated champions to co-produce and deliver a bespoke Mile that works for you, remember it's #YourMileYourWay.



## Who is The Mason Foundation?

The Mason Foundation was founded in 2017 by entrepreneur and philanthropist Stephen Mason, with the single mission of supporting communities to become happier, healthier, and more active.

This saw the birth of The Mason Mile, and we have since developed several innovative programmes under The Mason Mile umbrella.

This includes our flagship Family Mile programme, which we have been delivering across the South East with a view to roll out across the West Midlands and North West in 2022/23.



## I have signed up to a funded Community Mile place, but haven't received my welcome details, what do I do?

Applying for a funded Community Mile does not guarantee you a place due to limited availability. We aim to respond to all applicants within one week to inform you whether you have been successful. If you have not heard from us after one week, please email us at [info@masonfoundation.co.uk](mailto:info@masonfoundation.co.uk).

## How much does The Community Mile cost?

The Community Mile costs £6,000 to deliver per setting which includes the 6-month bespoke package of support and training. Please don't let the cost put you off enquiring! We may have funding available to deliver a Community Mile at your setting, or we may be able to work with you to secure funding to deliver a Community Mile.

## Can The Community Mile be adapted?

Yes! We offer bespoke implementation of 'The Mile' ethos, working with you to tailor the programme to meet the specific needs of your community members – whatever they may be! We are passionate about championing inclusivity and encouraging communities to do 'Their Mile, Their Way.' This phrase refers to 15 minutes of physical activity, whether that's walking, rolling, arm-chair exercises, we embed 'The Mile' to cater for your community.

## Can I be part of The Community Mile and The Family Mile?

Of course! If your local area has a Family Mile then you can be part of both. You can also join our private Facebook group, 'The Mason Mile Community' and support Milers from all areas on their journey towards happier and healthier lifestyles.



[info@masonfoundation.co.uk](mailto:info@masonfoundation.co.uk)  
0300 303 1030

