



of the way, and a hard core of eight blistered stalwarts walked the full 100 miles. The average age of this core group was around 60, the reason for which might simply have been that those who are older are more likely to be retired or working part-time, hence have more time available to walk. It might also have reflected a heritage of having developed careers when social work was very much a champion of social change and social justice. The younger walkers who joined us brought new perspectives, younger limbs and less troublesome feet than their older counterparts. We had great support from and debates with social work students determined to make a difference in their own careers. We took inspiration from each other and the welcomes we received from hard-pressed social work teams were fantastic.

We had lots of encouraging support on the streets too, often at the same time learning about the effects of austerity when we were, having heard what we were doing, told us their stories. Typical example was a young mother with a small child in a pram who got into conversation with one of the walkers. She explained how she had a disabled child and keeps getting her care reassessed, which always results in having less care. He added that every time she sees her social worker he looks like he's going to burst into tears, and that she feels sorry for him. We had many such conversations where we indicated their support for what we were doing due to the impact cuts to services and benefits was having on the

We were also supported by messages of support which came from further afield. Not

able to say more about this as I was busy with other things. I was also contacted by a number of people who were interested in the project. I was also contacted by a number of people who were interested in the project. I was also contacted by a number of people who were interested in the project.