

# LBMG Walking Group

## Newsletter

Second Edition



## **MOVING FORWARD**

Continuing on from our previous walks we have taken more steps forward towards our goal of bringing black men together. The sense of unity and camaraderie we have forged as a group is an on-going process and the following three walks were a shining example of this.

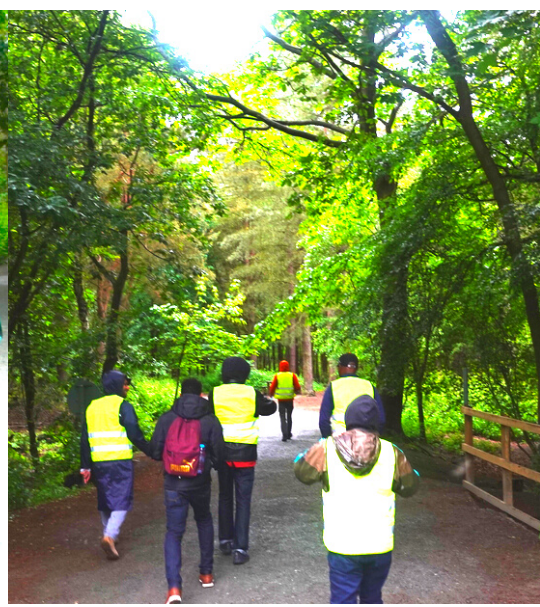
Liverpool Black Men's Group endeavour to be walking together for the foreseeable future. So if you fancy coming to walk with us join our Walking Group and reap the rewards of health, unity and leisure.





## Walk 4 - Delamere Forest

Our next venture, took us on a road trip into the depths of the beautiful and greatly admired, Delamere Forest. We all piled into the mini-bus and the mood was jovial and exciting. Once again, our topographer, Nadeem Freeman, did not disappoint as we enjoyed the refreshing five Kilometre walk around the deep lush forest. We were greeted by other walkers, runners and cyclists along the route. The day was uplifting, as well as invigorating. We enjoyed our healthy packed lunch in the greenery of the surrounding forest and woodland.





## Walk 5 - The Parks pt 2

The penultimate walk of this exciting and stimulating programme was a seven kilometre trek across South Liverpool. As usual, we began our journey at the Kuumba Imani Centre, we then traversed our way through the picturesque Princes Park, then onto the downward gradient inclines of Ullett Road towards Greenbank Park and then navigating our way en route to Sefton Park, where we stopped off at Sefton Park Palm House to acquire knowledge about Henry the Navigator who was responsible for the provision of navigational resources for Christopher Columbus to 'discover' America. We also learnt about the stone busts of African and Ottoman people carved into the stone pillars of the driveways of several homes on Ullet Road. We were educated on the life of Samuel Smith, who was involved in the slave economy, and his place on the obelisk located in Sefton Park, along with Richard Vaughan Yates in Princes Park. This combination of intense walking and local history was both informative and awe inspiring. Delivered by Liverpool 8's very own historian, Laurence Westgaph.





## Walk 6 - Cathedrals & Greater L8

On our final walk we ventured along Hope Street and past the dominating Anglican Cathedral right through to the Metropolitan Cathedral. Spurred on by the curiosity of our walkers we were treated to more impromptu historical intrigue by Laurence Westgraph. We made our way past the University of Liverpool and through Crown Street Park to Lodge Lane. Then we came back through Princes Park and along Kinglsey Road and Upper Parliament Street, an area with history relevant to many of our walkers. We finished at the Kuumba Imani Centre where all agreed that the Liverpool Black Men's Walk Group would continue for the foreseeable future.



# Ever onwards...

With the culmination of our initial walking programme we are looking to the future. The LBMG Walk Group was a resounding success in many ways but mainly with regards to the overall objective of Liverpool Black Men's Group. We came together, we walked and we had a lovely time doing so.

The effort and dedication of our core group of walkers was exemplary and is the attitude we need in order to keep things moving forward.

This is just the beginning and we plan to continue walking in the name of health, unity and leisure and to get more black men involved in community activism.

Our next walk will take place very soon so keep an eye out for the promotions.

Ever onwards and upwards, don't stop moving forward!

