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## Support group steps up online help following London Northwestern Railway community grant

A group which helps people build confidence and improve wellbeing has stepped up its online support thanks to a community grant from London Northwestern Railway (LNR).

Chase Aqua Rural Enterprise (CARE), based in Staffordshire, provides therapeutic activities for vulnerable young people and adults to support their mental wellbeing, self-confidence and self-esteem. The project also provides a great opportunity for them to socialise and make new friends.

In addition to practical countryside activities, the partnership with LNR has allowed CARE to provide online remote learning programmes during lockdown. These have covered mindfulness and wellbeing, arts and crafts as well as guidance on how to stay safe online. The support has particularly benefited adults with mental health issues, learning difficulties and physical disabilities.

Vicky Cropper-Clarke, head of stakeholder and community for LNR, said:

“Being right at the heart of our communities is our top priority as a local rail operator which is why we are delighted to support the amazing work of CARE in our region.

“Through schemes such as this, adults who may be facing different challenges can receive support and guidance which make a real difference to their lives.”

The partnership between LNR and CARE has been made possible through the “Your Community, Your Fund” programme, which is funded by the Department for Transport and was previously known as the Customer & Communities Improvement Fund. Under the scheme, London Northwestern Railway and sister company West Midlands Railway will invest a total of £1.7million in dozens of community projects across the network in coming months.

Programmes under way through the partnership will continue to include online safety advice, online learning tips, techniques for managing anxiety, animal welfare, gardening, growing your own food and how healthy eating or lifestyle choices can impact on wellbeing.

Carol Parkes, from CARE, said:

“This support from LNR has provided such a fabulous opportunity for us to reach out together and provide real help to those that need it most.

“We have had a really positive response to the launch of this new wellbeing programme - the first phase has been online and we are excited to return to face-to-face support from next month at our Friday sessions in Penkridge.”



If you are interested in joining the new 'Get Active and On-Track' project please contact Carol on 07772 273033. For more information on CARE, visit [www.chaseaquaruralenterprise.com](http://www.chaseaquaruralenterprise.com) or email [info@chaseaquaruralenterprise.com](mailto:info@chaseaquaruralenterprise.com)

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For more information on these services visit [westmidlandsrailway.co.uk](http://westmidlandsrailway.co.uk) or [londonnorthwesternrailway.co.uk](http://londonnorthwesternrailway.co.uk)

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