

Good News Story for Stratford Lodge

One Big Walk 2026

This June we at Stratford Lodge prepared to take part in Mencap's 'One Big Walk 2026'. This walk is more than just a challenge; it's a powerful opportunity to stand together and raise awareness for people with learning disabilities, helping to create a world where everyone is valued and included.



From June the 15th we planned on walking up to 1.5km every day for a week, the distance is to represent the 1.5 million people in the UK who have a learning disability.



Mencap's mission is vital - they provide essential support, advocacy, and opportunities that transform lives. But they can't do it alone. Our support helps break down barriers and build brighter futures for those who need it most. Every step we

take in this walk symbolizes hope, inclusion, and the belief that change is possible.

We aimed to raise £100 to contribute towards this cause but actually managed to raise £178.00!!! And the wonderful people at the Caretech Foundation have agreed to match fund this so our total is now £356 which for a small Adult Care Home like ours is huge!

The commitment of our residents and staff was incredible, especially as the week itself was hot, HOT, HOT! We walked nearly 30km with our 3 residents, a mixture of sunny riverside walks, shady New Forest hikes and even a nice amble into town for a Weatherspoon's lunch at one point! You can see by the smiles that everyone really enjoyed this fund-activity and we all feel healthier and happier for it. Our thanks as always go to our devoted Deputy Manager Sarah Henstridge who always goes above and beyond at work and in her personal life to support these amazing causes.



And of course a huge thank you to all the kind friends, families and staff of Stratford Lodge and the Caretech Team who donated and helped us reach our total.