

# OXFORD COMMUNITY ACTION



Oxford Community Action (OCA) received £8000 to support walking and hiking groups, and for activities to reduce isolation for older people.



Oxford Community Action work to address systemic and structural inequalities through collaboration at grassroots level with community leaders. With programmes focussing on community research, physical activity, training, events and celebrations - and the OCA Kitchen catering social enterprise - the organisation helps minority communities gain representation in civic society.



“People on the ground, they have that desire to just be together and to help you to connect. That’s why we see so many people wanting to work together.”



## BRINGING COMMUNITIES TOGETHER

OCA’s community initiatives build vibrant, resilient neighbourhoods by fostering belonging through shared activities and goals. They strengthen social bonds, encourage civic engagement, and empower residents to tackle challenges together. This sense of ownership, empathy, and unity enhances well-being, promotes sustainability, and inspires pride in shaping the communities’ future.



# FAMILY FRIENDLY MONTHLY HIKE

Monthly hikes offer the opportunity to connect to nature by exploring the landscapes that Britain has to offer, helping to address health inequalities in Black and Minoritised communities, as well as isolated members of the community.

The hikes have now been running for a number of years and always include a shared community meal to bring everyone together. A coordinated car sharing scheme has been developed that means that a lack of transport is not a barrier to taking part.



Each route is well-researched by Mujahid Hamidi, one of the OCA Directors, to ensure that parking, toilet facilities, length and difficulty are all factored in. Cultural and religious considerations are also key to the hike planning, including the availability of water and time and space for prayers.

For those who have already developed their abilities through the monthly hiking group, training is being offered to enable them to become the next generation of hiking leaders to support the growing movement of hikers amongst the community.

**“The nature of my profession requires a lot of screen-time. Hiking with the OCA has been truly beneficial, not only for my physical fitness, but in reducing stress and promoting my mental wellbeing.**

**The OCA welcomes a diverse range of ages, which foster intergenerational connections within our community.**

**This in turn reduces feelings of isolation and created a sense of belonging for so many of us.”**

