



News Release

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HF0170

A Green Footprint to Improve Mental Health

Leading walking and activity holiday provider, www.hfholidays.co.uk, is celebrating National Walking Month by doing what it does best and trekking over 100km across Hadrian’s Wall in aid of mental health charity Mind.

With over 100 years’ experience organising outdoors holidays, this epic walking challenge is looking to raise money and awareness of Mind, who offer vital mental health advice and support to anyone who needs it, with one in four people experiencing a mental health problem at some point in life.

The holiday firm’s partnership with Mind is a perfect fit, as a recent study* by King’s College has shown that walking, particularly outdoors and in the countryside, can provide tangible mental health benefits for up to seven hours.

To be completed in just one day by walking, running or cycling, this gruelling cross-country challenge is just one way in which HF Holidays, winners of two Gold Green Tourism Awards, is putting community and sustainability at the heart of everything it does. Other initiatives at HF Holidays’ UK country houses include:

- The removal of plastic straws / stirrers and the phasing out of all single-use plastics
- Swapping disposable toiletries in its bedroom with sustainable alternatives
- The replacement of lighting in the public areas with energy efficient LED bulbs
- The installation of better insulation and modern boilers



- Operation of two large bio-mass boilers at HF Holidays' country houses in Glen Coe and Church Stretton
- Grants to community projects totalling over £36,000 in 2017, including £10,000 for footpath improvement works to the [Coast to Coast](#) path on Nine Standards Rigg
- Working with local beekeepers, setting up of hives in the grounds of country houses at Holnicote House, Freshwater Bay House, Derwent Bank and Abingworth Hall

In addition, staff at HF Holidays have also been allocated a working day each that they can use to volunteer at a charity of their choice.

Commenting on the challenge, Jim Forward, Chief Executive of HF Holidays, said: "To complete the Hadrian Wall challenge is tough enough, but in one day? I take my hat off to the inspiring energy and passion of our team. At HF Holidays, we're driven by doing our bit to reduce our environmental impact. It's a cultural thing and something we genuinely believe in. We celebrate the wonders of the natural environment in our holidays, so it makes sense that we take that passion and practice what we preach."

To find out more about HF Holidays, head to www.hfholidays.co.uk/csr or call 0345 470 8558.

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For media information, please contact Louise Iles, PR Account Director, Ali Barr, Senior PR Account Manager, Mira Cowap, PR Account Manager or Michael Leonhardt, PR Account Executive at Gough Bailey Wright on 01527 579 555, lou@gough.co.uk / ali@gough.co.uk / mira@gough.co.uk / michael@gough.co.uk

Notes to Editor:

HF Holidays

- Founded in 1913, HF Holidays is a co-operative society that has been organising outdoor holidays for over 100 years.



- . HF Holidays has 18 country houses in the UK's National Parks and Areas of Outstanding Natural Beauty as well as independent hotels for overseas holidays.
- . HF Holidays has a host of accolades under its belt including: Which? Number one Recommended Holiday Provider 2017, Silver Travel Awards Best Activity Tour Operator 2017, Feefo Gold Service Award in 2017, Which? Recommended Provider status for 2012 - 2017; voted Best Large Tour Operator by Guardian and Observer readers 2010-2014; and Best Large Short Break Operator 2011-2014.
- . HF Holidays is committed to responsible tourism and is a member of ABTOT and ATOL protected.
- . HF Holidays is the only UK holiday provider to hold a Gluten-Free Accreditation from Coeliac UK with all 18 of its country houses officially holding this GF accreditation.
- . Follow [@hfholidays](#) on [Facebook](#), [Twitter](#) and [Instagram](#)

Mind

- Mind is a mental health charity that provides advice and support to empower anyone experiencing a mental health problem.
- Mind provides help and support directly to those who need it most. Its network of around 135 local Minds offer specialised support and care based on the needs of the communities they support.
- To find out more about the amazing work that the charity does, head to www.mind.org.uk – or check them out on [Facebook](#) and on Twitter at [@MindCharity](#)