



Reflective Walks

Stuck

Each reflective walk has a theme, this was the last of six reflective walks being completed in 2017 and was on the theme: Stuck.

A walk up Cautley Spout waterfall. For this walk we parked in a layby near Cross Keys on the A683 Sedburgh to Kirkby Stephen Road (Grid Reference SD698969 nearest postcode LA10 5NE). At the start of the walk (once we'd crossed the river) everyone was asked to hold on to a rope at spaced intervals.

During the walk we held onto the rope where we were 'stuck' in the order we walked in - which changed at several points along the way. We reflected on how it felt to be at the front, back and middle. At several points we stopped and discussed times when we had felt stuck, maybe a moment that was out of our control, that caused frustrated, or perhaps we felt stuck because of ambivalence or pain. We also talked about the difference between being 'stuck' - unable to move, stuck where we are or in a way of thinking - and 'stasis' - where something doesn't change. We talked about how these were different, about how sometimes we weren't stuck, but rather in a place of stasis. Which could be seen as a place of healing or stillness, rather than frustration or pain, a place to linger and re-charge. The act of holding onto the rope is a great visual aid to this reflection.



You will need a length of rope for this walk. Please risk assess as appropriate, especially if you have a large group you might want to break into smaller groups for this activity. You should ask people to dress appropriately for the time of year and wear suitable footwear.

This activity can be done on any walk. For details of the walk we did please see the description below.

Setting out from the layby near the Cross Keys we crossed the river and followed the obvious trail towards the Cautley Spout waterfall which follows the Cautley Holme beck. Then up the stone steps next to the waterfall to the top. We then came down the same way. See Ordnance Survey Explorer Map OL19 Howgill Fells & Upper Eden Valley.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.