



A briefing to keep you informed of what's happening in healthy walking nationally, regionally and locally.

Walking the way to Health (WHI) is the largest national body promoting and setting the standards for led health walks. It is a joint initiative between Natural England and the British Heart Foundation.

News from Natural England/WHI

WHI Website 'Walk Finder'

What's different about the new Walk Finder?

The Walk Finder has always been popular - we get over 16,000 unique visitors to the website each month and over 90% of our website traffic is to the Walk Finder. It's a great way to get walkers and partners aware of individual schemes.

The new Walk Finder contains details of all walk schemes which we are aware of - over 500. It's a database which means we can use and update the information more efficiently. Schemes and staff can update or create new pages easily, while meeting data protection requirements.

The Walk Finder is only as good as the information in it, so please help us to make it a really useful resource for potential walkers and partners.

How to update an existing walk scheme page

- Go to WHI home page (www.whi.org.uk)
- Click on 'WHI Walk Finder' in left-hand column
- Click relevant region on map to browse by region or search by postcode, then click on the walk name.
- Click on sentence at foot of text in middle column which reads: 'Are you involved in running this scheme? Click here to update this page'
- The online form contains the existing Walk Finder text for that scheme. Amend or update this as necessary. Please note, all fields marked * are compulsory.
- Under 'Scheme name' please ensure that place name is first - eg 'Bilton Health Walks' not 'Health Walks, Bilton' - this makes it easier for website users to find their nearest walk when browsing by region.
- Ensure you give your full, accurate postcode - people may use this to search for walks.
- If you co-ordinate a scheme as a volunteer, please remember to tick the check box if you are happy for us to share your contact information.
- Click 'Submit your walk'

The form will then be sent to the WHI team in Cheltenham for approval and uploading. Please allow 1 week for this to happen.

Walk programmes, further information and a photo need to be submitted separately via email - instructions are on the form.

How to upload a new walk scheme page

- Go to WHI home page (www.whi.org.uk)
- Click on 'WHI Walk Finder' in left-hand column
- Click on 'New scheme to add' in left-hand column
- Fill in the online form. Please note, all fields marked * are compulsory.
- Under 'Scheme name' please enter placename first - eg 'Bilton Health Walks' not 'Health Walks, Bilton' - this makes it easier for website users to find their nearest walk when browsing by region.
- Ensure you give your full, accurate postcode - people may use this to search for walks.
- If you co-ordinate a scheme as a volunteer, please remember to tick the check box if you are happy for us to share your contact information.
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The form will then be sent to the WHI team in Cheltenham for approval and uploading. Please allow 1 week for this to happen.

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If you have any queries, please contact your regional WHI Team or email whiinfo@naturalengland.org.uk

News from WHI around the region

Strolling in Stroud

The 'Strolling in Stroud' team attended the first ever 'Festival of Nature' at Stroud, Gloucestershire. The festival is a celebration of the countryside and wildlife of Gloucestershire. The emphasis is on engaging and involving the local community and visitors to the area. The Festival ran alongside the annual Stroud Country Show, which included livestock, horticultural exhibits, vintage machinery falconry and a host of stalls. Over 2000 people attended the event with the Strolling in Stroud team distributing free pedometers, leaflets and information on local walks in the area. The walks have already seen an increase in numbers as a result of the event



For more information contact Matt Pearce Healthy Lifestyles Development Officer, Stroud District Council on (01453) 754501 or email matthew.pearce@stroud.gov.uk



Health Walking is a Hit in Taunton!

Health Walkers turned out in force in Taunton to show their support for a woman who is trying to raise awareness of Walking for Health by walking from John O’Groats to Lands End.

Twenty-seven people joined Carol Pollock on the Bank Holiday weekend as she walked through the County Town, to promote the concept of walking for health.

Carol said “I have walked my way down through the country and I have had support from lots of people, but Taunton has got to have been the best so far! I was overwhelmed by the number of people that showed up in Taunton to walk with me; walking with other people makes this journey so much easier and that’s just what health walking is all about”



The walkers covered 3 miles through Taunton with Carol before she carried on with her journey on the East Deane Way towards Tiverton.

Melissa Day, Health Development Officer for Tone Leisure said “It was delightful to see so many people walking and Carol seemed pleased to see us all. I would like to congratulate Carol on her epic walk, and I hope that more people will use health walking as a way to be more active, more often. It’s such a great concept and fits well into our modern lives. It’s free to do, it takes less than an hour and can really make a difference to your health.”

For more information on Carols’ Walk visit www.whi.org.uk.



For the latest Walk Well in Taunton Programme, please contact Melissa Day on (01823) 273084 e-mail: m.day@toneleisure.com

Wareham group celebrates 200 walks



On Tuesday 22nd July, the Wareham Walking the Way to Health Initiative marked its 200th outing with an enjoyable walk along the town walls and over the common. Almost thirty people turned up to take part in the 200th walk which finished with a celebratory gathering.

Colin Kempton set up the Wareham WHI 4 years ago after moving to the town and finding that there were no health walks on offer in the area.

‘I suffered a heart attack a few years ago and was told that walking was a good way to help with my rehabilitation. When I moved to Wareham I decided to set up a health walk group to help other people like me. It’s great to see so many people coming along to the walks each week, and the initiative is so

popular now that we are able to offer two walks, one which is fairly leisurely and one a little faster so people can choose the pace they prefer. The walks are free and are a really good way of improving fitness and also a chance to meet up with friends and have a chat.'

The day also marked milestones for two regular walkers, Gill Graham (50 walks) and Alan Terry (100 walks) who were presented with certificates for their achievements walking with the group.

Sue Moore of Natural England said ' We're so pleased that the Wareham WHI group is proving such a success and that they have been able to mark their 200th walk. Walking is one of the best ways to enjoy the natural environment and improve your health at the same time and groups like this can bring a whole host of benefits to those who take part. This really is a fantastic accomplishment.'



The Wareham WHI group meet every Tuesday at 10.30am at the Streche Road car park. After a break for the summer holidays the next walk will take place on Tuesday 9th September. For further information please contact Colin Kempton on 01929 550625.

Forest Festival and Woodland Games Event - 30.08.08



Families enjoyed the fun of the Forest Festival as they celebrated the event's 10th Birthday, made all the more special by the inclusion of the 3G Woodland Games project, funded by Natural England, the Forestry Commission and Great Western Community Forest. Estimated record numbers of approximately 4000 people were in attendance at the festival helped by some fantastic weather with the vast majority taking part in the Woodland Fun and Games that were on offer.

People crowded around stalls that had been invited by the Great Western Community Forest team in the Lawn Woods in Old Town, Swindon. Youngsters and families alike were entertained by a number of craft sessions and woodland fun which continued throughout a glorious day in the heart of the Great Western Community Forest area.

The festival celebrates the environment and woodlands, providing information about the Great Western Community Forest project as well as promoting a more ecological aware, greener and healthier lifestyle. Even the event's PA system was wind and solar powered to maintain the environmental theme. Forest Festival's chief organiser Heather Lilley said, "To be celebrating 10 years of the festival is a great feeling. The support in Swindon has grown and grown, turning this into a great event for everyone. In the last ten years awareness of the environment and the open spaces we have, and how best we use them, has increased. People are much more ecologically aware of what they have around them and have come to realise that woodlands aren't just for nature but are wonderfully calm and enjoyable places to relax in".

The event has developed from its first outing in 1999, balancing learning about a range of green issues with having fun in an historic beauty spot at the heart of Swindon. Local bands and performers did sets throughout the day.

The Old Town in Swindon proved the perfect venue to start something new as the 3G Woodland Games project showcased some of its exciting and innovative ways of getting fit and healthy whilst enjoying the great outdoors. Many events were on offer for three generations of Swindon's residents to try under the Green Exercise section of the event including Wacky Cycling, Frisbee Golf, Samba Football, Cycling Agility Courses, Orienteering, Health Walks, Juggling Skills and Yoga to name but a few. All activities proved extremely popular with both children and their families having a go. Wacky Cycling in particular proved to be very successful with large crowds being drawn over to it to join in. It became so popular that a raffle ticket system had to be introduced to deal with the large numbers. 'Green Exercisers' could also take the opportunity to sign up for the upcoming Swindon Half Marathon and join in with fun and games with the Swindon Borough Council's 'Challenge Swindon' Roadshow.



For more information on the '3G Woodland Games' project in Swindon, contact:

Simon Pitman spitman@swindon.gov.uk - 01793 466324 - www.forestweb.org.uk

Devon & Cornwall VWL Celebration Day at Morwellham Quay on Monday October 20th.



Natural England is inviting Volunteer Walk Leaders in Devon and Cornwall to a Celebration Day on October 20th from 11.30am to 3.30pm at Morwellham Quay in the Tamar Valley. The Tamar Valley is a designated Area of Outstanding Natural Beauty (AONB) and the Morwellham quay area, a UNESCO World Heritage site. To give the best possible experience of this stunning area we are planning various activities on the day including a range of walks on new and improved trails, and hopefully also a subsidised ride on the mine train. In addition, a Tamar Valley AONB officer and a Morwellham Quay staff member will show us around and tell us about the area's unique history.

In order to ensure that as many as possible can attend, we are providing a number of buses, free of charge, from various pick-up points throughout the two counties. In addition, complimentary hot and cold drinks will be served as people arrive while activities are chosen. Unfortunately, we will not be able to provide lunch, so bring a picnic lunch! There are plenty of lovely picnic spots in the quay area, some of which are under cover - should the weather not oblige. Morwellham Quay also houses a café serving snacks and light meals.

Active Volunteer Walk Leaders in Devon and Cornwall will shortly receive an invitation letter

or email - if it hasn't arrived already. For more information contact Lone Mouritsen, Natural England, Pydar House, Pydar Street, Cornwall TR1 1XU,

Lone.Mouritsen@naturalengland.org.uk or 01872-245049. *Replies by October 10th, please.*

Tamar Trail Festival, Devon and Cornwall, 17th October to 2nd November

A cross-border festival - taking place throughout the Tamar Valley - that will celebrate this Area of Outstanding Natural Beauty with more than 30 events for all ages and abilities. Natural England, in conjunction with Stroll Back the Years in Cornwall and Tavistock Walk and Talk in Devon, are organising two taster health walks:

1. Calstock area, Thursday October 23, meeting outside the Tamar Inn at 12.45 (train from Plymouth at 11.30, bus from Tavistock at 12.10 and Gunnislake at 23.23)
2. Morwellham Quay, Friday October 24, meeting at the entrance to the car park at 2pm.

If you would like to join us please just turn up. For information or if you would like to help out please contact Lone Mouritsen, Natural England - email: lone.mouritsen@naturalengland.org.uk; tel: 01872 245049

News from the rest of the world

Greenspace and Quality of Life

This major review of research published by Greenspace Scotland and the Quality of Life partnership relates to the links between greenspace and a range of quality of life issues. It is hoped that the review will help disseminate existing research findings and to inform the need for future research. The areas reviewed were: health and wellbeing; social and community value of greenspaces; economic value/impacts of greenspaces; environmental value of greenspaces and planning and design.

<http://www.greenspacescotland.org.uk/default.asp?page=464>

Communities & Funding - Training Events 2008

The following three training events are from the ETN 'Working with Communities' series and from the ETN 'Funding & Income Generation' series.

Encouraging Participation - a toolkit of approaches for communities & others

Tuesday 28 October 2008 London

This lively event looks at practical tools and techniques for working with local people and gaining their involvement. It will provide an overview of participation theory, current practice and why it is important - especially in funding rounds. It will give you the confidence to use a range of practical tools, techniques and approaches for working with and involving communities, enabling you to help build community input and ownership. The event is primarily aimed at staff working with communities, such as New Deal for Communities,

environmental improvements, Neighbourhood Renewal, Housing Officers with residents' associations and in NGOs. However, many of the techniques and processes can also be used in meetings and events with business, public and voluntary sector staff, as well as with volunteers.

Preparing Effective Funding Applications
 Wednesday 29 October 2008 Birmingham

This very popular event will cover the principles of preparing and writing effective funding bids and applications. It will include interpreting what the funder wants, reading between the lines, examples of funding packs or when there's no guidance, styles and formats for presenting your case, and other aspects such as budgets, matchfunding, monitoring and evaluation requirements. The event will best suit those who have some experience of fundraising and are faced with preparing larger bids and more complex applications.

Motivating Communities To Take Action
 Thursday 30 October 2008 Doncaster

Want to develop your skills in community engagement? Want to learn new techniques for involving communities in local environmental issues? Want to explore new ways of motivating communities to take practical action? This popular event will look at identifying and overcoming barriers to attitude and behavioural change, to enable you to develop strategies which will engage and motivate local communities, bringing about changes in behaviour and practical action. It is aimed at those working with local communities to bring about positive environmental change in areas such as regeneration, transport, waste and recycling, healthy eating, home energy conservation and inclusion. Examples of those who will benefit from this event might include sustainability officers, regeneration officers, environmental co-ordinators, community liaison workers, information and education workers.

For further details, to book a place or to request a full programme of events, please contact: Jacki or Helen at ETN on 0121 359 2113 or Email ETN@btcv.org.uk

Think Fit!



Think fit! Promoting workplace health and wellbeing
 The British Heart Foundation (BHF) has a series of resources for employers interested in workplace health programmes. The resources cover physical activity, healthy eating and mental wellbeing and include a range of ideas, challenges and signposts, as well as an employee booklet, great giveaway items and fun packaging.

To order call: 0870 600 6566
orderline@bhf.org.uk
<http://www.bhf.org.uk/thinkfit/>

The British Heart Foundation has created a set of resources to help you with the health of employees in the workplace.

- a great working atmosphere
- a present and productive workforce



- high levels of morale and
- many efficient levels of communication

The Think Fit! resources cover physical activity, healthy eating and mental wellbeing and include a range of ideas, challenges and signposts, as well as an employee booklet, great giveaway item and fun packaging.

Employers who offer workplace health programmes really will see the benefits.

Physical Activity for Children & Young People with Long-Term Medical Conditions

This innovative Distance Learning course has been developed for P.E teachers & other activity leaders wishing to improve their knowledge of common medical conditions that may cause concern during PE lessons, physical activity sessions & recess.

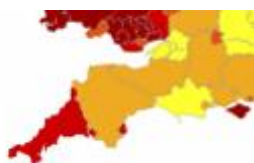
The course will provide participants with:

- a) Information about diabetes, asthma and obesity
- b) The knowledge and skills to adapt P.E. lessons & physical activity sessions
- c) A comprehensive resource pack which includes practical physical activity ideas and parental advice sheets

For further information and to book your place, please download the booking form and flyer at: http://www.bhfactive.org.uk/downloads/distance_learning_course.doc

Contact Rachel Reynolds, Loughborough College at: Rachel.reynolds@loughborough.ac.uk or Kim Buxton, BHFNC at: K.E.Buxton@lboro.ac.uk for further information.

Map highlights 'obesity hotspots'



Shetland and parts of Wales and northern England are Britain's obesity hotspots, according to a map of obesity rates compiled from GP records.

Almost one in four adults is obese and the rates are rising, according to official government figures:

<http://news.bbc.co.uk/1/hi/health/7584191.stm>

British Cycling City Consultation

Don't miss your chance to have a say on how Bristol can spend its budget from winning the bid to become England's first Cycling City. Bristol City Council is carrying out a consultation asking what can be done across the City to encourage more people to cycle. The consultation is aimed at all levels of cyclists from people who have never used a bike before to regular commuter and leisure cyclists. How can we shape Bristol into the country's premier national

and international showcase for encouraging cycling as a safe, healthy and practical alternative to the car? Help decide the fate of £22.8 million!

Post your comments before 30th October 2008 at:

www.bristol.gov.uk/ccm/content/Council-Democracy/Consultations/consultation-finder.en?Task=detail&Interest=0&Status=0&ReclId=397

Opening Doors to an Active Life: how to engage inactive communities'

This conference aims to provide practical examples, solutions and guidance on how to engage older adults, socially deprived communities, girls and women, BME groups, people with disabilities and people with mental ill health in physical activity.

This innovative event will provide delegates with the opportunity to:

- Attend Keynote addresses from Professor Margaret Whitehead, Dr Melvyn Hillsdon and Professor Jeff French
- Attend two solution focused workshops featuring case study examples of 'what works' with regards to designing, implementing and evaluating an inclusive physical activity programme.
- Contribute to best practice guidelines, 'How to engage inactive communities in physical activity'
- Share experiences and participate in open discussion and debate in the case study zone
- Watch an inspiring performance from 'Dance United', and hear how dance has changed the lives of these young people
- And much more!

For further information, please download the conference programme and booking form at: http://www.bhfactive.org.uk/downloads/Conference_Programme_2008.pdf

Please feel free to contact the conference team for any further information by email: bhnc@equitycommunications.co.uk or on 01245 328777

Empowering and Engaging Citizens in our Communities

The Government has now published its White Paper on Community Empowerment "Communities in Control". The South West Neighbourhood Resource Centre is holding a series of Roadshows around the South West region to highlight the importance of bringing Government closer to people, passing power from Whitehall to local councils and direct to local communities. Through good practice examples and topics relating to legislative requirements, we will look at resources available to enable Local Area Agreements to achieve their key indicators on empowering citizens.

Hazel Blears, Secretary of State for Communities and Local Government states that she hears every day of the growing enthusiasm and commitment of people in local government, other public bodies and in communities themselves to get the best results for local people.

These events will enable delegates to:

- Gain an overview of Government policy and the implications to local authorities and community organisations - Government White Paper on Community Empowerment : Communities in Control and the Duty to Involve
- Learn from examples of innovative best practice around the region from both a rural and urban perspective
- Listen to local residents talk about challenges and achievements made within their communities and how these met National Indicators
- Listen to how Government agencies can support you with your delivery plan
- Hear about engagement and empowerment training & development opportunities for those who live, work and manage in communities

Speakers in each region will include:

- Representative from Local Authority
- Audit Commission
- GOSW
- Local Community Group
- RIEP SW
- Regeneration Consultant

The South West Neighbourhood Resource Centre will be holding Roadshows in the following areas:

Royal Cornwall Pavilion Centre, CORNWALL -22 October 2008

The National Marine Aquarium, Plymouth, DEVON - 23 October 2008

www.swresourcecentre.org.uk/eventsandconferences

Tel: 01793 464001 Fax: 01793 464005

Email: swresourcecentre@swindon.gov.uk

Volunteer Walk Leader Training Dates

Dorchester, Dorset

11th October

Contact - Wilbert Smith (01305 264955)

Yeovil, Somerset

15th October - 'Sport & Leisure SSDC'

Contact - Louise Bulmer (01935 462347)

Bristol

15th October - 'Bristol City Council, Sports Services'

Contact - Sian Davies (07810 506736)

Nailsea, Somerset

17th October - 'North Somerset Council'

Contact - Kira Thorpe (01275 812049)

Web Links

www.whi.org.uk	Official Walking the Way to Health website
www.pathsforall.org.uk/pathstohealth	Sister organisation of the WHI in Scotland
www.bhf.org.uk	British Heart Foundation
www.bhfactive.org.uk	BHF National Centre for Activity and Health
www.naturalengland.org.uk	Natural England website

South West WHI Team - Natural England				
Lone Mouritsen - Cornwall	Pydar House, Pydar Street	Truro	TR1 1XU	01872 245049
Caroline Meardon - Somerset	Level 2, Renslade House, Bonhay Rd.	Exeter	EX4 3AW	01392 889785
Dot Isgrove - Somerset	Riverside Chambers, Castle Street	Taunton	TA1 4AP	01823 285500
Jane Beech - Dorset	Government Buildings, Prince of Wales Rd	Dorchester	DT1 1PY	01305 257086
Jo Birbeck - Devon	Level 2, Renslade House, Bonhay Rd.	Exeter	EX4 3AW	01392 889770
Rob Leek - Glos/Wilts/Bristol	Block 3, Burghill Rd, Westbury on Trym	Bristol	BS10 6NJ	0117 959 8511

*If you have any news or information you want included in the next edition please email to:
rob.leek@naturalengland.org.uk

