

Health Walk Leaders Quarterly Update

September 2024



Thanks to all of you for leading walks throughout the summer, our attendance figures from April to June reflect just how popular the walks are with 3198 attendances over this period of time across the programme.

It's down to you that the walks are welcoming and friendly and hence why walkers come back week after week.

Refresher session for Walk Leaders - 8th August.

Our focus was all about 'Going Back to Basics' with sixteen leaders joining us and sharing their experiences and suggesting different ideas towards leading a safe and enjoyable health walk.

Working in groups, leaders were asked to discuss and feedback on welcoming all walkers, paperwork, the capacity and expectations of leaders, and leading a health walk from beginning to end.



I hope those who attended found the conversations they had worthwhile and with some actions for us to do around publicity and risk assessments along with some content for future training for new leaders, we concluded that a refresher was definitely something we would like to see happening more regularly.

Pathways to physical activity (PPA)

One topic of conversation at the refresher session was about the ongoing challenge of GP Practices referring patients to our health walks programme.

The PPA will support the health sector to engage with physical activity opportunities such as our health walks programme to make it easier for those living or at risk of long-term health conditions to access the support they need to move more often. Lisa Wood (West of England Sport Trust) is our contact for this programme who we have worked with for many years so we hope to see progress in this much needed area of work.

If you wish to find out more about this national initiative go to:

[Pathways Project Continues to Make Progress - Active Partnerships](#)

Update on Health Walk Groups/Leaders

- Mary Johnston has taken a break as a leader with the Weston group, we hope she comes back soon refreshed and ready to lead again.
- Mary Raines a leader also with Weston has sadly lost her husband, we hope she finds the support given to her from leaders and walkers helps her move forward.
- Claire has returned from her summer break in Sweden to continue as leader in Flax Bourton. Just to say once more if yourself or anybody you know would be interested in supporting Clare please get in touch.
- Churchill & Cheddar and Long Ashton Health walks have resumed after a short break over the summer.
- Big Worle health walk that started in July has been put on hold until there is more interest in the immediate community.

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- A new monthly walk has started at Congars Café in Congresbury, following interest from the cafe as they were part of National Walking Month. Thank you to those leaders who have contacted me to support as leaders when they are available.

- First Aid - Seven leaders from Weston, Portishead and Nailsea attended the second first aid session this year. Unfortunately, we do not have the funds to put another one on until next year but we are confident we now have enough leaders trained in first aid to act if needed.

Our next **Health Walk Leader training** for new leaders is on **Wednesday the 2nd of**

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October at Castlewood from 10 -1pm. Please do chat to anyone who is currently walking with you who would be interested AND would make an ideal walk leader!

National Walking Month (NWM)

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We were able to make NWM bigger and better this year due to an external grant, we hope to be successful again next year in securing some funding.

We will be bringing interested individuals together from a wide spectrum of walking activities across North Somerset to drive it forward from January 2025 so if you would be interested in being part of this please get in touch with Catherine catherine.devosnhire@n-somerset.gov.uk



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We are also looking for **sponsorship** for North Somerset Walk Fest for 2025. We are grateful for any amount received and different amounts will receive different publicity packages, including logos being on every printed programme and being promoted on social media, etc. If you know of any businesses who may wish to sponsor the event, please let us know.

It is the Youth Hostel Associations National Walking Campaign from the 13th of September to the 13th of October, if you are interested here is the link:

<https://www.yha.org.uk/festival-of-walking>

I am planning on getting out and visit a few of you over the autumn and plan to take some photos and possibly some short videos as part of the “Staying Active to Beat the Winter Blues” Campaign! I look forward to seeing you all.

Finally, a tip from Adrian a leader from the Churchill & Cheddar group:

We actually buy our ‘first timers’ a coffee as a way of making them feel welcome and encourage them to come back.

Hopefully Adrian, they will walk with you again and return your generosity!

If you have any tips for the next quarterly update please get in touch.

Kira.thorpe@n-somerset.gov.uk – 07882 474692

