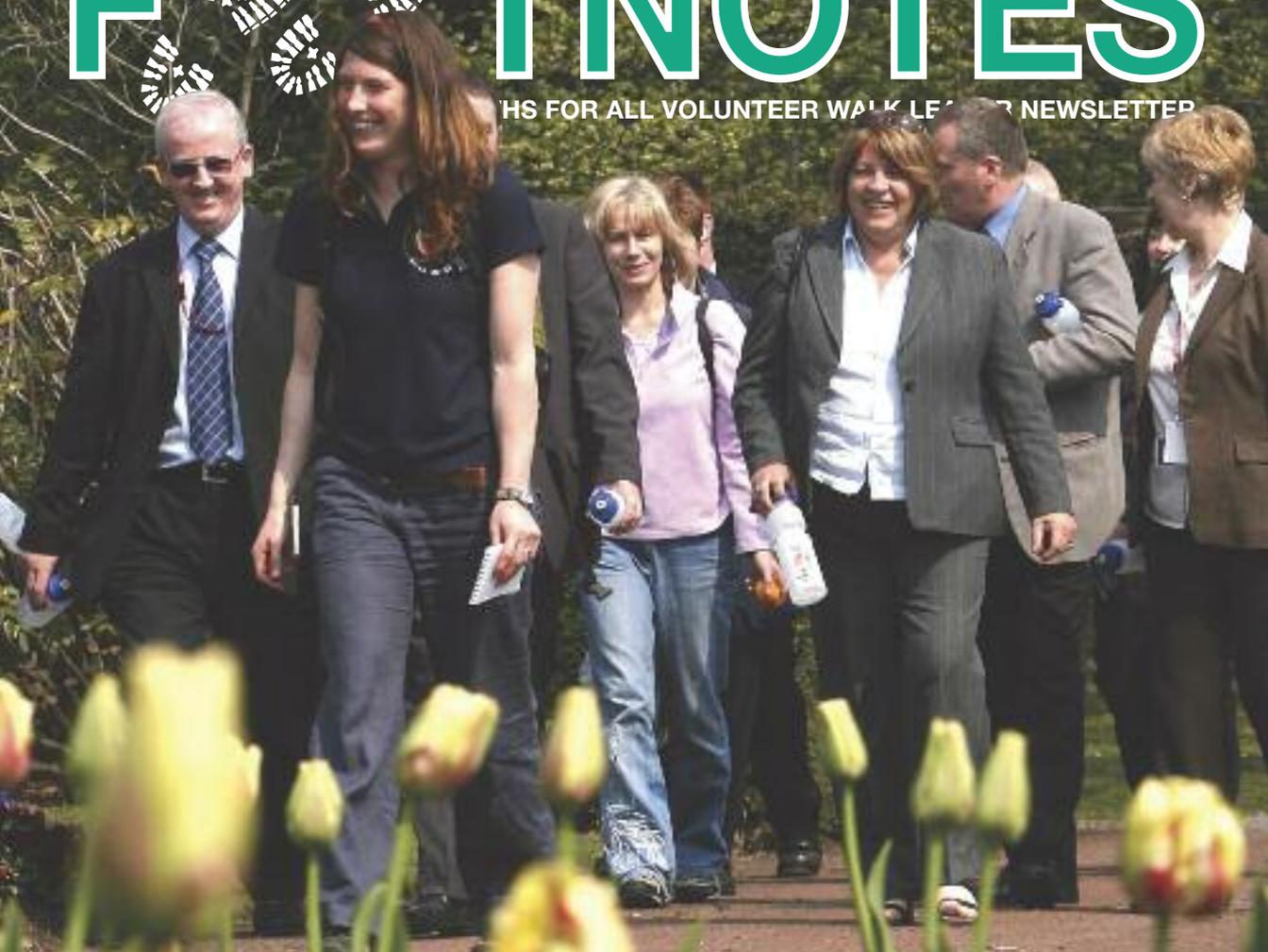


FOOTNOTES

NEWSLETTER FOR ALL VOLUNTEER WALK LEADERS



WIN
a copy of
*'Walking
for Health'*

Inside:
Step Count Challenge
Disability Training
Big Fit Walk 2011

Plus:
walking festivals, readers recipe, nature watch

Welcome to the Spring edition of Footnotes. We hope you've managed to get out and about over the last few months and that your groups are looking forward to seeing a bit more sunshine now that Spring is around the corner. As always we've had lots of good news and success stories from the projects we work with. We've shared a few in this edition but if you'd like to let other walk leaders know about what's happening in your area then just get in touch. All published articles or photos will receive a gift voucher as a thank you.

Thanks for all your hard work keeping your walkers motivated and active during the winter, here's to some great springtime walks and send us some photos of your group's adventures!

To contact us email volunteer@pathsforall.org.uk or call 01463 725125.

Borders Walk It Conference



Walk Leaders from the Scottish Borders were celebrating their achievements at the recent Walk It Walk Leader Conference in Melrose. With over 208 walks led and 8 new walks added to the regular weekly programme, there was a lot to be proud of. Several walk leaders received awards for their significant contributions to the Walk It project. Of particular note Bill McLure, Nancy McLure and Peter Handley each received Gold Awards for leading over 600 walks between them since they joined the project!

Those attending enjoyed an opportunity to catch-up and welcome new walk leaders over lunch. They also heard a review of the year and update from Denise Carmichael, Walk It Coordinator, along with an overview of the support available from Paths for All. Walk Leaders



Nancy McLure, Walk Leader for Walkerburn, receiving her Gold award from Dr Alan Mordue, Consultant in Public Health Medicine, NHS Borders

also got the chance to take part in two workshops run by Scottish Borders Council Access Rangers.

This project has gone from strength to strength since Denise Carmichael, the Walk It Coordinator, started in December 2009. Denise thanked several of the long standing volunteers for their

invaluable support and advice while she got to grips with her new role. As a result of the efforts and achievements of everyone involved, the Walk It project has now secured funding from NHS Borders and Scottish Borders Council until March 2012. Well done to everyone involved in the project and here's to the next 200 walks!



Workplace Step Count Challenge

Paths for All has launched a 12 week Step Count Challenge for workplaces across Scotland.

Teams of five are recording their steps using pedometers and the results are fed back to Challenge HQ (the Paths for All Alloa office!) every week. Team members are kept up to date with their progress through regular emails and an online 'Blog' on the Paths for All website. Spot prizes have been given out and each workplace has their own walking goals to reach.

So far when all the steps are added together the workplaces have walked half way to the moon. Visit the Blog to see if we get all the way there and how the Paths



for All Teams are getting on!
 'We're having fun and getting fit with a bit of healthy competition going on too'
 'We are all walking to

become more active and enjoying the challenge!
 'We have set a goal of increasing our weekly total by a 1,000 steps per day'.

Disability toolkit and training

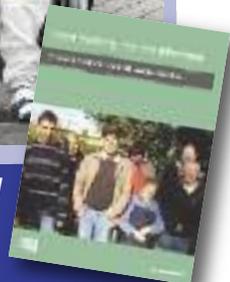
Paths for All, in partnership with Scottish Disability Sport, have developed a Disability Inclusion Course for Walking for Health projects. The Training aims to identify ways in which people with a disability might be included in your walks and the steps you and your Scheme Coordinator can take to make sure your walks are as inclusive as possible.

There is a focus on ability rather than disability. The course discusses how to communicate effectively, highlights best practice and

also where to go for further information. It includes individuals who walk with a physical impairment, use a wheelchair, are blind, partially sighted, deaf, hard of hearing or have a learning disability. Speak to your Scheme Coordinator if you'd like to attend a course and they can arrange one or visit our website for more information.



We have also produced 'Start Walking...Feel the Difference', a tool kit that aims to help schemes to think about ways of supporting more adults with learning disabilities to walk more often. It includes case studies, step-by-step guidance and highlights where to go for more help or resources. It can be downloaded at: www.pathsforall.org.uk



Working in Partnership to fight Stroke and Cancer

Paths for All have agreed to work in partnership to promote walking with The Stroke Association and Macmillan Cancer Support. Through this work Paths for All is hoping to inspire more people to walk to improve their health.

The project aims to raise awareness of the benefits of physical activity for people's health and support more people to be active through Paths for All's workplace and community walking groups. Paths for All also see the partnerships as an opportunity to improve awareness of stroke and cancer amongst our walkers.



The Step out for Stroke initiative encourages people to take part in organised walks across Scotland and/or organise their own walks to become more active. Walkers can also use the walks to raise funds for The Stroke Association.

The organised walks aim to be fully inclusive, including some that are suitable for families, fitter walkers or those with disabilities. The 'Do It Yourself Walks' are popular with those who like to organise walks themselves or who may not be near a planned walk. For more information visit, **www.stroke.org.uk/stepout**

The two organised Step out for Stroke walks are:

15th of May Holyrood Park, Edinburgh: a 5K walk around Holyrood Park which is suitable for everyone. It would be great to see you, your family and health walkers there.

8th May Strathclyde Park: a 5K walk around the loch in Strathclyde Country Park for another great day out.

To register please follow the link below, both events are follow by a picnic.

www.stroke.org.uk/fundraising/fundraising_events

WE ARE MACMILLAN. CANCER SUPPORT

We know that being physically active can reduce the risks of developing cancer and because of this Macmillan and Paths for All are also working together to help get people more active. Macmillan are asking walkers to get active and to take on a challenge for April 2011. By walking for 150 minutes per week for all of April you will fulfill the national physical activity guidelines and at the same time could raise vital funds for Macmillan.

Paths for All is supporting Macmillan in this by linking Macmillan walkers up with local walking schemes to help and support the walkers to start walking and hopefully keep walking after the challenge. Local walking groups and schemes are also encouraged themselves

to sign up for the challenge and make April walking for Macmillan month. Local Macmillan staff will contact projects with more information.

To sign up for the challenge go to Macmillan's web page www.macmillan.org.uk/walking or e-mail pathsforall@macmillan.org.uk Macmillan are also planning two organised walks that you might want to get involved with, as a challenge, a day out or to do some fundraising:

7th May, Tay Bridge Walk: Walk to Dundee and back again to meet on the Fife side for tea and coffee at the Bridge Cafe.

8th May, The Forth Road Bridge: After the walk the Dakota Hotel will host the walkers with teas and coffees.

To register please go to the website, or call 0808 8080000 **www.macmillan.org.uk/Fundraising/WalkingEvents**





Scheme News

Walk the Nordic way

The Falkirk area has a long established love of walking, and a reputation for innovation. So it was no surprise when one local group decided to answer the difficult question of walker's progression by looking beyond setting up faster groups and longer routes, Lee Kelso, Project Coordinator, explains.

Step Forth, in association with the Active Forth Physical Activity Referral scheme, have been trialing Nordic Walking in the area as a method of bringing something new and exciting to walkers. Starting at Grangemouth Sports Complex, walkers can be seen every Tuesday evening striding around Zetland Park. The scheme has been so successful that we have recently

received funding to train another walk leader to take other sessions.

Nordic Walking was developed as a method of summer training for Scandinavian cross country skiers, but it quickly spread over the continent. The use of poles in Nordic Walking provides several benefits. Firstly, it ensures the whole body is used during exercise, increasing calorie expenditure. Secondly, it provides stability and support for those not too steady on their

Walking for Health in numbers
5
 days per week you should be walking at least 30 minutes

decreasing feelings of exertion. So your walkers can go longer, but it feels easier!

Adding Nordic Walking to your timetable can have other benefits too. It may be a way to attract a different group of walkers; perhaps younger adults, rehabilitation populations or community groups. We have had discussions with several groups about developing Nordic Walking with their service users, from mental health groups to cardiac rehabilitation. You may also choose to charge a small fee as a method of income generation. And of course, it's a useful tool to ensure progression in your fitter walkers who are now looking for a challenge beyond the traditional health walk.

We trained with Iain Davidson from British Nordic Walking. Check their website: www.britishnordicwalking.co.uk for courses near you. Or feel free to contact me at lee.kelso@falkirk.gov.uk for more information about our project.

“using the poles allows greater speeds to be maintained for a longer period of time, while decreasing feelings of exertion”

feet, allowing them to gain more confidence and increase their speed and distance. Thirdly, using the poles allows greater speeds to be maintained for a longer period of time, while actually

Walking for Health in numbers
197 miles
 the distance the average person walks each year



Nature Watch

Saving Scotland's Red Squirrels – Although two types of squirrel species can be seen in Scotland today, this wasn't always the case.

The red squirrel first appears in Britain at the end of the last Ice Age, 10,000 years ago. They were once the only squirrel species in Britain and were widely distributed. Grey squirrels were introduced in 1876 by the Victorians, who regarded them as an exotic species. Their spread is the main threat to red squirrel survival in Britain. Grey squirrels compete more successfully than red squirrels for food and habitat, they are larger and more robust, and can digest seeds such as acorns, more efficiently. This means grey squirrels can access a more abundant food supply than red squirrels and as a result, their arrival in an area tends to cause reduced red squirrel breeding.

It's easy to support the project to save the red squirrel. Just keep your eyes peeled when you're out for your walks and report all the squirrels you spot (both red and grey). Your information will help monitor the populations of both types of squirrel. Report your sightings to the Scottish Wildlife Trust at: www.swt.org.uk/wildlife/squirrel-sightings/



Competition

Keeping with the spring theme, here's a quiz to test your knowledge of all things seasonal.



WIN!
a copy

1. Name the month when the clocks go forward?
2. Name the month when the clocks go back?
3. What's the national flower of Scotland?
4. What's the national flower of Wales?
5. What's the national flower of Ireland?
6. What's the national flower of England?
7. Name three flowers associated with Spring
1. c _ _ _ s 2. _ _ f o _ _ _ 3. _ u i _
8. Name three things associated with Easter
1. _ g s 2. b _ n _ 3. _ o n _ t
9. What bakery product is traditionally eaten at Easter time?
10. Which day signals the end of lent?

Answers on a postcard to the address on the back page by 30th April and one lucky winner will receive a copy of the book reviewed in this edition 'Walking for Health'.



Stuck for ideas on where to walk?

VisitWoods.org.uk is the only website where you can find almost all of the woods in the UK where you are welcome to visit. You can search to find a wood to visit near your home or community, no matter who owns it. It also has details of events and activities taking place within the woods. Working with landowners such as the Forestry Commission, National Trust, Wildlife Trusts, RSPB, local authorities and private owners, the Woodland Trust has mapped almost all woods across England, Scotland, Wales and Northern Ireland. See if your local woodland is included or use it to find new woodlands to visit with your groups.

My Favourite Walk

The John Muir Way by Robert Russell, Volunteer Walk Leader

In the autumn of 2003 having just retired, I saw a newspaper advertisement seeking walk leaders in locations in East Lothian for the Paths for All programme. Being a keen walker, hillwalker and backpacker, I felt I could pass on some of my enjoyment of walking to others. So by March 2004 I was one of four walk leaders based in Dunbar, East Lothian. This group, still going strong today, consists of about a dozen regular walkers.

It became clear that for many the security of walking in a group was important, as well as the social side of things (we finish each walk with a coffee in one of several cafes, and have a Christmas dinner every year).

We meet up every Tuesday at 10:30am outside Dunbar's Leisure Centre. The Centre itself lies on the John Muir Way which extends 45 miles from Musselburgh in the west to Dunglass in the east, and thus walking either east or west, we are on this route.

Our favourite walk is one which heads west from the Centre and takes in the Clifftop walk. On a clear day there are marvellous views of Fife, the Isle of May and the Bass Rock, while nearby are the fantastic shapes and colours of the cliffs themselves, volcanic rocks



millions of years old, as well as the impressive sandy sweep of Belhaven bay. Combined with the birds to be seen including gannets, eider duck, kittiwakes and fulmars, and plants such as thrift, tree-mallow and sea-wormwood, no walk is ever dull.

In 2007 I walked the entire length of the John Muir Way over two days, which led to

me writing an illustrated guide-book about it, published in April 2010 by "Friends of John Muir's Birthplace", which supports the famous conservationist's birthplace in Dunbar. The book is available from various outlets including East Lothian Libraries or from John Muir's Birthplace, call 01368 865899 if you'd like to buy a copy.

Walk it website



Visiting Glasgow, Edinburgh or Aberdeen? Leave the car at home and log on to www.walkit.com

This website allows you to enter your start and end location in these 3 cities and it calculates the shortest and most walking friendly route to get there. You also get a map, written directions, the distance, time taken, number of steps, calories burned and CO2 saved. It also covers a number of English cities and is a great way to get about by foot if you're in an unfamiliar place. If you visit Glasgow, Edinburgh or Aberdeen regularly have a look and see how far you walk during a day out shopping or visiting friends, it might even show you a short cut to your daily commute!



COAT tales

Even heavy snow fall couldn't dampen the spirits of the hardy Cairngorm Outdoor Access Trust's (COAT's) volunteers at their recent celebration event, funded in part by a Paths for All Volunteer Support Grant.

The day dawned white in Kingussie and although the project's volunteers from the Aberdeenshire side of the park were unable to make the journey west due to the driving conditions, there was a great turn out from the local volunteers and others keen to celebrate and thank the walk leaders for their contribution.

Dougie Baird, COAT's manager, opened proceedings, followed by

Bob Kinnaird, National Park Board Member. Cameron McNeish, mountaineer, writer and broadcaster then pledged his support to the project and thanked all the volunteers for their time and effort getting people in their communities more active through their led walks.

COAT also presented their new Walking for Health evaluation report which summarises the project's many achievements since it first started delivering walks in 2004.

After posing for photos, complete with woolly hats and wellies, everyone was treated to a very snowy and picturesque health walk around the new Gynack Trail. This is a great local path improved and developed by the Kingussie Community Development Company with support from COAT. Once back in the warmth, we enjoyed soup



and sandwiches. The volunteer's received recognition certificates and also equipment, to help them lead their walks safely and comfortably, from Project Coordinator, Alan Melrose.

The event really showed what can be achieved with effective project support, dedicated volunteers, partnership working and community recognition, never mind a good natter over lunch! Well done to COAT and all their volunteers for their success to date.

To read the evaluation report, visit: www.cairngormsoutdooraccess.org.uk



Big Fit Walk 2011

Big Fit Walk began in Grangemouth in 2004 as an idea scribbled on the back of an envelope. The idea is to encourage as many people as possible to step out and take a 30 minute or two mile walk in their local area.

The Big Fit Walk is held in June, and has

now spread across Scotland, with over 10,000 people taking part in 2010. Volunteer Walk Leaders are just the right sort of people to organise a Big Fit Walk in their area – it is the perfect way to get your local friends, family and community members to join you for a walk, and who knows, it might encourage them to start walking regularly.

Anybody can organise a Big Fit Walk in their area, and by contacting Joanne Baillie joanne.baillie@nhs.net you will be sent certificates, stickers, and walking diaries to help promote your event. The events are free, and simple to organise.

You can visit the Big Fit Website for more information, and to register your event visit: www.falkirk.gov.uk/services/community/ or contact 01324 614661



Stepping into Spring

By Iain Davidson, Paths for All Trainer

Walking in spring is one of life's pleasures. The long days, the first flowers and the unpredictable Scottish weather! In the last edition I looked at how we balance what we put in and what we put on through eating and layering. I want to talk today about how we walk and why posture is important.

Indigenous people around the world move with an economy of effort and precision. Watch Kenyan or Ethiopian runners at major athletics events or Inuit hunters paddle their kayaks for days through Arctic waters in search of food. There is (or was?) oneness with the environment for many of these people. The Sami in the north of Norway say that young people reach maturity when they can work with their hands and are able to move within their landscape.

Our modern world has many advantages but we seem to be losing this natural poise and flexibility as we stumble around our largely urban landscapes. Consider how driving, slumping in

front of a TV or a desk, affect our daily posture and movement? We often work and walk in short bursts with small steps and laden with heavy bags.

No wonder we lose more days to back pain than to any other illness!

We were designed for relaxed and continuous movement not our stop/start activities often doubled over heavy bags, computers or driving wheels (or add your own least favourite activity!).

Walking with purpose (without the shopping) for 20 to 40 minutes a day not only helps our head, heart and lungs but it also allows us to free the core muscles important to keeping us straight and upright.

As well as our abdominal muscles, a key group of long muscles run the length of our back and are often in painful spasm when



we have lower back pain.

Try this. Next time you walk alone or with your group, take a moment to concentrate on your posture. Breathe in deeply and lift your chin from the ground and look ahead. Now imagine a string pulling your head upwards.

Drop your shoulders down and back a little and swing your arms, lightly and with rhythm. Step forward and try to develop that little rhythm while you walk.

Do you notice a little bounce? Good!

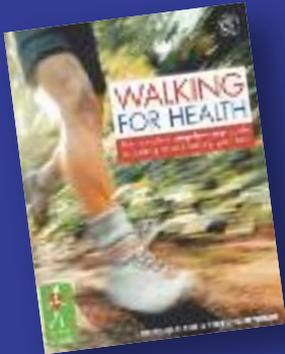
It's hard at first, but this is how we should walk. Even a few minutes daily thinking about posture and gentle arm swinging will make a huge difference to both your walking and even your self-esteem.

Now imagine yourself walking through the desert or on snowshoes through Northern Canada. Perhaps that's taking it a bit too far as you head down Linlithgow high street?

Walk tall my friends and enjoy your springtime rambles.



Book worms



Walking for Health – The complete step-by-step guide to getting fit and feeling your best

Dr William Bird and Veronica Reynolds.

This book is a valuable source of information for anyone leading walks or who is just interested in getting more active through walking. It's co-written by the founder of walking for health in England, GP Dr William Bird, so is full of practical advice, encouragement and tips on how to get the best out of your walking. Chapters include Walking Techniques, Be inspired, Health Matters and Walking Programmes and all the way through the book there are 'Walkers Tips' on a huge range of topics. It also covers warming up, equipment, basic first aid as well as setting goals. This book would be a great addition to any walk leader's bookshelves and a useful reference guide.



Volunteer Focus

Winnie McPhail

This is the story of Winnie McPhail. Winnie lives near Bluebell Woods in Drumchapel and enjoys walking outside in the fresh air and observing nature throughout the changing seasons. She also has a keen interest in the local history of the area in which she lives. Following the death of her partner in her late fifties Winnie found it difficult to be motivated and was keen to find an activity to give her a reason to get out and about. She has been associated with volunteering throughout her life as her parents had encouraged her from early childhood to get involved. Volunteering for Winnie has been a 'lifetime experience'. When someone

mentioned to her that there was a walk starting nearby in Drumchapel she went along to see if she could play her part. She started as a walker in 2005 and soon after became a volunteer walk leader and has never looked back.

Winnie is involved in many walking events in the Glasgow south west area. She leads a weekly walk for PlatFORUM, a mental health group in a range of locations around Glasgow. The group is particularly important as it gives walkers a chance to meet and support each other in the challenges that they face in everyday life as they live with a mental health issue. Winnie has observed that walkers can 'get rid of their inhibitions and help each other along' offering valuable support to one another on a weekly basis. She is keen that the group are able to visit interesting places in the wider Glasgow area and see different places.

Through her involvement in the Drumchapel walk she was asked to help with setting up a walking group in Pollok Park – the Nethercraigs Group. This is some way from Winnie's home. She was keen to encourage other groups to start walking and

especially to experience the wildlife in the local parks such as the birds, rabbits and





squirrels. The commitment was initially expected to last for just a few weeks until the walk became established but Winnie has been going ever since. The walkers in this group are in their 70's and 80's and they have all been seasoned walkers in their younger days but now lack the confidence and ability to attempt more challenging walks. This opportunity allows them to walk regularly with company and support from a committed leader who will walk – rain, hail or shine. She is dedicated to the walk and even brings everyone's favourite sandwiches and cup-a-soups to keep everyone going.

“Volunteering with Paths for All is the best thing I ever did.”

Winnie sees volunteering with Paths for All as providing a turning point for her following bereavement and put simply ‘the best thing I ever did’. She is willing to listen and to offer advice if possible and makes herself available to go for walks at any time should someone want some company. Winnie is a keen ambassador for health walks in the local area and has had the opportunity to promote

walking on local radio recently as she was asked to participate in a local broadcast for Sunny Govan Radio. She is passionate about the benefits of experiencing the beauty of the local area through walking and has been involved in written promotional materials too. Her Monday walking group assisted the Community Learning staff of GlasgowLife to produce a leaflet entitled ‘*A Walk in the Park*’. This is to encourage everyone to walk in Pollok Park and appreciate the local scenery. The leaflet shares the positive stories of local walkers.

One of the areas that Winnie would like to see a greater focus in the future is in encouraging children to walk from an early age. She is hopeful that by sharing her role volunteering on health walks with her grand-daughter she may be encouraging the next generation to walk more too. Winnie's enthusiasm is infectious and by gentle encouragement she has given many people that extra push to get outside and walk. As a result of all her efforts Winnie was recently nominated for a Paths for All Volunteer Award. She was nominated by Heather McLeod and the Walk Glasgow steering group. Heather describes Winnie as ‘One of Glasgow's longest serving health walk leaders’.

Readers Recipe

Wholemeal Fruit Scones (makes 8-10)

Ingredients

225g / 8 oz wholemeal self-raising flour
a pinch of salt
75g / 3 oz butter or margarine
25g / 1 oz brown sugar
75g / 3 oz sultanas
100ml / 4 fl. oz milk



Method

1. Place flour and salt in a mixing bowl and rub in the butter until it resembles breadcrumbs.
2. Stir in the sugar and sultanas, then add enough milk to make a soft dough. Knead the dough gently on a floured surface.
3. Roll out to about 2cm (0.75 inch) thick then cut-out rounds with a glass or cup (about 8cm/3 inch diameter).
4. Place close together on a greased baking sheet.
5. Bake in a pre-heated oven 220°C (425°F, Gas Mark 7) for 10-15 minutes until golden.
6. Cool on a wire tray and eat the same day.

If you've got a healthy recipe for your favourite walking friendly snacks let us know and we'll publish it in the next edition.





Walking festivals – what's coming up?

Angus Glens Walking Festival

2nd to 5th June 2011

2011 marks the 9th year of the Angus Glens Walking Festival. Since the very first walking festival in 2003, walkers having been coming back to Angus year after year to enjoy everything the area has to offer. From the breathtaking landscapes of the glens to impressive coastal views, Angus is the perfect backdrop.

www.angusahead.com/walkingfestival



Moffat Ramblers' Walking Festival

10th – 11th September 2011

A Festival of 16 walks, covering all grades of walk. A very popular Ceilidh is held for participants on the Saturday evening. The walks schedule will be available on www.visitmoffat.co.uk

Drovers' Tryst Walking Festival

8th to 15th October 2011

Walking is at the heart of the Tryst festival, with a programme of guided walks that has something for everyone. Choose to bag some local Munros, walk old drove roads or take a gentle ramble. Try something new such as geocaching or take the camera for a photographic walk. www.droverstryst.co.uk/



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Paths for All is a partnership organisation, for a full list of our current partners please visit our website: www.pathsforall.org.uk
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