

F^{OOT}TNOTES

PATHS FOR ALL VOLUNTEER WALK LEADER NEWSLETTER



WIN
a copy of
*'Walking
for Health'*

Inside:

- Walking around the world
- Awards and celebrations

Plus:

walking festivals, readers recipe, nature watch

Welcome to the summer edition of Footnotes. It's been a hectic year so far at Paths for All, with a staff restructure and changes in our funding. Our team of Development Officers are still working away to help all your projects across Scotland plan, grow and evaluate, meaning together we can get more people more active through walking. As always, you as volunteers are the most important piece of the jigsaw, have a look in this issue for some of the ways projects are saying 'thank you' to their volunteers. We're still delighted to hear about all the great news, developments and progress Walking for Health projects are sharing.



Keep in touch and let us know if there's anything you'd like to see in the next edition too. Hopefully by the time you read this the sun will have made an appearance and we'll be enjoying some lovely warm, summer walks!

Getting active on a national scale

Active Nation is a public engagement programme designed to inspire the people of Scotland to be more active in their everyday lives in the run up to the 2014 Commonwealth Games and beyond. As we know, many people in Scotland are not sufficiently active to maintain healthy lives. Active Nation aims to help Scots become more active and live longer, healthier lives. Through local community facilities and a huge range of events and



programmes across the country, Active Nation will help people to get involved in a wide range of activities. The website is packed with advice, top tips and great ideas to help you fit more activity into your life. Even small steps can make

a difference, so why not visit the site and set yourself a simple activity goal?

By giving you the chance to set your own activity goal, track your daily progress and meet others who are doing the same, Active Nation is a great way to get you started or help you do a little more. It can help you find all sorts of activities in your area from bowling to cycling! There is information on events, clubs, classes and volunteering opportunities near you. Let your walkers know and encourage them to log on and set an activity goal. Visit www.ouractivenation.co.uk



The Workplace Step Count Challenge

Paths for All recently ran a 12 week Step Count Challenge for workplaces across Scotland

We completed our National Step Count Challenge back in May, workplaces entered teams of 5 who then counted their daily steps using a pedometer and reported their totals to us every week for 12 weeks.

Challenge highlights include:

- 136 workplaces registered a total of 418 teams and 2090 participants
- 129 Workplaces completed the challenge
- A collective 1,584,275,068 steps were walked which equates to 7,921,137 miles

- Workplaces took part from 25 Local Authorities and from the Private, Public and Third Sector
- The online blog updates received 5,914 hits during the challenge

A team member told us:

'Initially I didn't enjoy the challenge as I was very unfit, my feet hurt as did my shins. Everyone kept saying to me how they loved to walk but I found it hard going. Each day I was tempted to throw in the towel but because I had gone public in the office I



couldn't give up. By week ten I could now say that I was able to walk and was slowly starting to enjoy it. I break my walking up into three times a day now and colleagues have commented on how well I am looking.

At first I couldn't wait to get to week 12 to end the challenge but now feel I don't want to stop and am now thinking of completing a half marathon walking. Changed days.'

Visit the blog to see what teams got up to!

Paths for All needs you!

Call for national focus group volunteers

At Paths for All we are very aware that you as volunteers are vital to the success of all Walking for Health projects. We're doing our best to support you and your Volunteer Managers to keep up the amazing work you are delivering in your communities. We'd love to hear more about what would help and what support is missing for you as a volunteer.

We're forming a national

volunteer panel and we'd like you to join! Everyone is welcome, the only criteria is that you're a current Walking for Health volunteer and would like to feedback opinions, suggestions and ideas on your volunteering experience.

All we'll ask is that you attend a focus group once a year in a central location (travel expenses will be paid) and we'll be in touch from time-to-time to ask your



opinions on volunteer support and resources that we're developing.

If you'd like to join the volunteer panel or have any questions please just get in touch.

volunteer@pathsforall.org.uk
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Scheme News

Around the world by Duncan Galbraith

Inverclyde Globetrotters are on the road to success!

“Fancy walking round the world?” That’s the question that started our fun “team” approach to promoting physical activity by tackling virtual walking challenges. We’ve been having a lot of fun since.

The Inverclyde Globetrotters were formed in early 2008 from a gym-based cardiac rehabilitation class run by Inverclyde Leisure in Greenock. The classes are led by myself, Duncan Galbraith. I try to motivate the group and keep energy levels up each week. The Globetrotters are a core group of around 26 people with medical histories such

as stroke, heart by-pass operations, angina and hip replacements. Through regular attendance at the classes based in the gym, the physical and mental health and mobility of everyone has really improved.

In May 2010, after 117 weeks “on the road” and encouraged by messages of support from Olympic rowing champions Sir Steve Redgrave and Sir Matthew Pinsent, we “arrived back” in Greenock after completing our first

virtual walking challenge – a Round the World Trip of 30,688 miles!

Since then we have completed two shorter virtual journeys and are now almost half way around Europe. So far we have taken over 100 million steps and covered around 43,000 miles.

We’ve had a lot of encouragement from Dr Morag Thow at Glasgow Caledonian University and are about to start working with her on a research project using fancy little gadgets called activPAL™s. With the input and support from GCU, we will use the activPAL™s to reliably record changes in member’s activity levels and give them feedback in an easily understood format. We have also received support from Paths for All and a small grant from them enabled us to fund this project.

We recently became affiliated to Chest, Heart and Stroke Scotland (CHSS) and we are delighted that CHSS have decided to adopt our approach and encourage their affiliated groups across Scotland to take part in a national virtual walking event later this year.

With the help of others, we hope to take the 1.1 billion steps needed to travel from Inverclyde to the Moon and back!



Saying thankyou to our volunteers

As a result of our Volunteer Support Grants a number of projects across the country have been organising celebration and thank you events for their volunteers. Here's a summary of what some of them got up to.

Walk Moray's Fine Day out!

Debbie Barron is the Health Walk Co-ordinator for Walk Moray, she has around 20 active Volunteer Walk Leaders and was keen to arrange a volunteers 'Away Day', to say thank you for their time and commitment to the project and get some feedback and ideas on how to improve things.

The volunteers were asked for suggestions for their 'Away Day'. The consensus was a walk and lunch, with the majority opting to go to Culbin Forest, near Forres. A minibus was arranged to pick-up the volunteers from different locations and transport everyone to Culbin. Once everyone had safely arrived they walked the Hill 99 Viewpoint Trail.

There were nine volunteers able to attend. It was a glorious day and there was plenty of chatting on the bus. The volunteers really enjoyed the walk and some of the group managed to climb up the viewpoint tower, (quite a feat!) to experience a fantastic view over the trees out towards the sea and



beyond to the hills.

The volunteers enjoyed it so much some were planning to take their group along to Culbin to enjoy the vast amount of paths and trails, which would be suitable for all abilities.

After the walk, it was off to nearby Brodie Castle for lunch. On the menu was lovely soup and sandwiches which were well deserved after the walk. We then moved into the Laird's Dining Room where refreshments were served and the group session took place. The Health Walk Co-ordinator updated the volunteers on current issues including events attended to promote WalkMoray; an update on the GP referrals; a new evening group; walk leader training

and general matters regarding the project. There were representatives from four of the WalkMoray groups including Elgin, Forres, Rothes and Dufftown. Each group gave an update on their current situation and a discussion around any problems they had encountered. The volunteers enjoyed the brain-storming session and went away with new ideas to take forward in their groups

The feedback from the volunteers was that they valued the update from Debbie and the opportunity to chat with other walk leaders, as well as getting out for a walk on a glorious day and practicing what they preached!



Better 4 Walking celebration is the icing on the cake!

The Better 4 Walking group in Dumfries and Galloway, had their 5th Birthday celebrations in Lochmaben in March this year.

Invitations were sent to all walkers, volunteers, funders and partners, with over 100 people attending to hear about the project's many successes and achievements over the past 5 years. Volunteers were awarded a certificate and fleece jacket with the



project logo on as an acknowledgement and thank you for all their time and commitment.

The event was very well received and everyone went away remotivated and

enthused to go out and spread the word to someone else who would benefit from coming along and joining the walks. A number of the volunteers said how much they enjoyed the day and are looking forward to the 10th birthday party already! After the presentations everyone was treated to soup, sandwiches, scones, shortbread and birthday cup cakes!

Walk Glasgow volunteer celebration day

Walk Glasgow is involved in supporting the health walks in all 5 areas in Glasgow. It was decided that it would be good to submit a Glasgow-wide grant application to cover the costs of a Walk Leader Away Day and Walk Leader equipment that all walk leaders would benefit from.

An Away Day was organised to New Lanark with a coach picking everyone up from the city centre. When the group arrived at New Lanark, leaders were divided into small groups of 3 and asked to introduce themselves and tell each other what they liked about leading health walks and also what challenges they face as walk leaders. These ideas were then grouped together for further discussion. The Walk



'It's a very well organised mixture of walking, socialising and sharing ideas.'

Walk leader

Glasgow Co-ordinator gave a presentation on the highlights of 2010 as well as updates and paperwork reminders.

After lunch, everyone was given a visitor centre ticket and there were 2 hours of free time to explore New Lanark, go on a short led walk through the Falls of

Clyde or continue on a longer, more challenging led walk up to the Peregrine Falcon Hide.

Volunteer walk leaders completed an evaluation survey and they felt the day had been excellent and that there had been something for everyone. Aspects of the day they found particularly useful were meeting other walk leaders and discussing the challenges they face leading walks. The Away Day was a great success. Everyone really enjoyed themselves and it was great for people to network, get to know each other and share stories (both good and bad!). It has generated so much good will amongst the leaders and the project will reap benefits worth far greater than the cost of the event.

After the event a volunteer suggested that it would be good to set up a social network forum to enable walk leaders to keep in touch and keep up to date with what's going on across the city. The volunteers offered to help the Walk Glasgow Co-ordinator set something up so they are going to explore this together.



Walk about Stirling Awards Ceremony



From one walk with two walkers and two volunteers in August 2005 the Stirling Walking Network has grown to an impressive 13 weekly walks programme delivered by a volunteer team of 40 volunteer walk leaders and one part time co-ordinator. The range of walks has expanded from the shorter health walks of around 30-45 minutes to the longer walks of up to two hours to offer walkers who have increased their fitness levels the opportunity to keep on walking. During 2010 a milestone was reached as the average number of walkers per month rose above 500.

Active Stirling's Stirling Walking Network hosted a volunteer awards ceremony at Forthbank Performance Sports Centre. The day was in recognition of the unique dedication of the 40 plus volunteer walk leaders and the co-ordinators that make this project a success. Volunteers were presented with gold, silver and bronze awards depending on their length of service and

number of walks lead.

Project co-ordinator Tricia Cumming commented: "there was a real buzz about the event as we looked back over the last five year's activities and remembered the entertaining things that had happened on some of the walks and outings and the many people we have helped over the years."

It was a chance for the newer volunteers to see the project in action and meet others. The volunteers are the life blood of the project and will have delivered over 21,600 volunteering hours in the last six years – a truly impressive service delivery by anyone's standards. The volunteers know they are appreciated but this event was an opportunity for the project to showcase their achievements and reward them with a 'thank you' gift.

The only sad part of the day was that we said goodbye to Raija, our walking co-ordinator. In appreciation of all the hard work she has done Tricia presented her with gifts from the walk leaders and friends.



Award Winners!

Northern Sole Mates- North Glasgow Walking Network won the Active Communities Award at the National Physical Activity and Health Alliance awards held in Perth recently. A huge well done to all walkers, volunteers and staff.



They were also awarded the Community Champion Award for North Glasgow in the Health & Wellbeing category in this year's Evening Times Community Champion Awards. Congratulations to everyone involved in the Walking Network for these great achievements.

The North Glasgow Awards ceremony took place at Maryhill Community Fire Station and the project will be going on to the Glasgow wide finals in December. Good luck to everyone at NSM's, we'll have our fingers crossed!



Test your knowledge of summer in our quick quiz.

1. What is the longest day of the year called?
2. What does SPF stand for in sun cream?
3. Which duo had a 1978 hit with Summer Nights?
4. What is the filling of a summer pudding?
5. What summer fruit is traditionally served at Wimbledon?
6. According to the proverb, what does not make a summer?
7. What did the Queen of Hearts do on a Summer day?
8. Which G is a summerhouse or garden pavilion?
9. Which singer sang "We're all going on a summer holiday"?
10. Which city is hosting the 2012 Summer Olympics?

Nature Watch

A bugs life!

If you look close enough I'm sure you'll all be able to 'spot' some of these friendly bugs while out on your walks! Here's some ladybirds facts to dazzle your walkers with!



We have 46 species of ladybird (scientifically called the Coccinellidae) living in Britain. Not all of them are brightly coloured and spotty; some are really quite dull looking and are not recognisable as ladybirds.

The most common British variety is the seven-spot ladybird. It is a bright red ladybird with seven spots and is thought to have inspired the name ladybird: 'Lady' referring to the Virgin Mary (Our lady) who in early paintings is seen wearing a red cloak; the seven spots are symbolic of the seven joys and seven sorrows of

Mary. A few species feed on plants or mildew but most ladybirds eat aphids (greenfly) or scale insects. Both are garden pests which is why so many people love to see ladybirds. The seven-spot ladybird can eat 5000 aphids during its year long lifespan. The adults spend the cold winter months in a dormant state but as the weather warms up in early spring they begin to get active and search for aphids to eat.

Many cultures consider ladybirds lucky and have nursery rhymes or local names for the insects that reflect this. For instance, the Turkish name, *u ur böce i*, literally translates as luck bug. In many countries, including Russia and Italy, the sight of a ladybird is either a call to make a wish or a sign that a wish will soon be granted.

Answers on a postcard to the address on the back page by 31st August or via email to volunteer@pathsforall.org.uk to be entered into the draw to win a copy of 'Walking for Health' by Dr William Bird.



The Wisdom of Crowds?

By Iain Davidson, Paths for All Trainer

Running the safety outdoors courses for walking leaders has been a pleasure. In training we have simulated all eventualities from trips and bumps to life threatening emergencies. Some have literally thrown themselves into character with ham acting of the highest quality. In Glasgow recently I had to warn passing officers that the man writhing in agony was a willing volunteer and not auditioning for Taggart.

Here are five conclusions to help you with the unexpected on your walk:

1. Risk assessment is an important tool but the big problems often come out of the blue. Incidents surprise us and shake us out of our routines. Be prepared-attend a first aid course, learn CPR and discuss who does what before an emergency. Which leads me to...

2. Who makes decisions?
A study recently showed how bad groups are



at delegating responsibilities and assisting people in trouble. A student simulated an epileptic seizure in front of various size groups. He received the most effective help when he collapsed in front of one or two individuals. When he fell down in front of thousands in a busy street, nobody stepped forward to help. The rule seems to be that the more people in the group, the less gets done. No one wants to step up to take responsibility. Please be that person if you have been trained!

3. Minor incidents can turn nasty if not dealt with quickly and effectively. A minor sprain in the country can turn a casualty hypothermic if they are not kept warm and comfortable while waiting for help. Groups left standing in the cold while individuals are attended to, get cold very quickly. Make a decision in the first five minutes,

stick to it and get your group back to base with another leader.

4. Keep two competent people with you if you have to wait with a casualty for assistance. You may need to send someone to meet the police or ambulance at the park gates. You also need two witnesses for any accident report.
5. Finally, keep your mobile topped up and charged. Remember, it is your best piece of first aid kit. 112 or 999 will get you through. Ask for an ambulance or the police in rural areas like the Borders, Grampian and Highland. Be prepared to stay on the phone and update if the casualty gets worse, or hopefully better!

Good luck!

Iain





Volunteer profile

Donald Buchan

Health Walk Leader with Tullibody Healthy Living

When I started as a walk leader with Tullibody Healthy Living over two years ago,

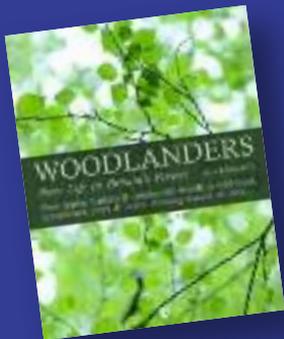
they had a walking group that met once a week and had about three walk routes that they did regularly. Now they have four walks per week and a much bigger variety of circular routes available. I love going out and finding new places to go walking.

I take two walks every week and always walk around Tullibody. Because we meet at the Tullibody Healthy Living office, our walk routes need to get us back to the office after walking for 60 minutes. We are now walking all over, taking in neighbouring villages like Glenochil, Menstrie, Alloa and Cambus.

Apart from the obvious benefits of enjoying the walks myself and feeling fitter, what I like most about being a Walk Leader is seeing how much other walkers appreciate coming along. Some have been coming since the beginning and they feel themselves that they are getting a lot fitter. They tell me now that they are able to walk up hills that they didn't think they could manage, and now they are walking and talking up the hilly sections when we go walking.

There are many nice walks that we go on, but probably my favourite would be the Cambus circular route which

Book worms



Woodlanders

by Ian Edwards

Woodlanders has been produced in association with the environmental charity Reforesting Scotland, which aims to promote woodlands and the restoration of native species, as well as raising awareness of issues from

sustainable living to climate change. Many of the stories in the book were based on those of Reforesting Scotland members or projects that have been featured in their journal. Woodlanders tells the story of people whose lives have benefited through their engagement with wood and woodlands in whatever form they have chosen: through satisfying and valuable work in community projects; by working with wood to make useful, durable and beautiful objects, or for shelter, gathering woodland materials for craft or fuel uses or foraging for wild food from the woods;

promoting sustainable, low-energy lifestyles and preserving biodiversity. Others have developed creative activities like drama, art or craft projects. Woodlanders celebrates a new appreciation of our woodlands and has been described as an inspiration, a guide, and a manual for anyone who wants to further their interest in the great British woodland. For all of you that venture in, past or through woodlands on your walks, this is a great book to help you get an insight into all the other people who use and enjoy their local woodlands.

www.reforestingscotland.org



takes you along the Forth and back up the Henning Road. The last part of this walk is a tarmac road and allows walkers to get a good pace going. By the time we get back, we've seen a bit of the countryside, some wildlife and had a good blether.

“As long as people continue to come along, I'll keep walking.”

Walking twice a week has now become a family thing with me. My wife and my daughter are also trained Walk Leaders and we usually take my grandson with us in the buggy. We are all feeling the benefits of walking regularly.

There has been a lot of work done in Clackmannanshire recently, opening up new paths and upgrading paths to allow better access. One such path is the old railway line from Cambus to Menstrie, which is currently being worked on. Our group is really looking forward to the track opening up to give us another enjoyable circular route to follow.

After leading a part of The Big Fit Walk this year, I had the chance to meet other Walk Leaders who have

walks throughout Clackmannanshire. It's good to have a chat with other leaders, to share experiences and encourage each other.

Since I became a Walk Leader, I must have led around 300 walks and I'm still enjoying every minute. As long as people continue to come along, I'll keep walking. It's been great to see people getting fitter, feeling happier and friendships being made by people living in the same community.

Tullibody Healthy Living is a voluntary sector organisation who adopt the community-led approach to health improvement. This means getting local people involved in the project and Tracy Gibson, Community Development Worker for Tullibody Healthy Living says the Health Walks in Tullibody really took off when Donald became a Walk Leader. “I didn't have the time to go out and investigate new walking routes, so tended to just stick to the ones that I knew. Donald has helped to open up a bigger variety of walks now and made our weekly walks more pleasurable. Everyone here appreciates the training provided by Paths

for All to help us get more people in the community walking and feeling fitter.”

Walking for Health in numbers
22,648
website hits
so far this
year

Readers Recipe



Fairly healthy muesli slice

Thanks to Laurene our Grants Administrator for this great recipe. This is one of the best flapjack recipes ever and perfect for nibbling after a good walk!

Ingredients

150g self raising flour (wholemeal if preferred)
350g mixture of any of dried fruit*, nuts*, coconut*, muesli* or oats* (Try different proportions each time for variety)
100g brown sugar*
200g margarine

* Fair Trade ingredients

Method

1. Prepare oven to 180°C/ 350°F / Gas 4
2. Mix and melt sugar, honey and margarine in a pan.
3. Put dry ingredients in large bowl, and add melted mixture.
4. Spread into shallow, greased and lined (with baking lining paper) baking tray. The paper makes it much easier to get them out of the tray.
5. Bake for 15 minutes.
6. Score into slices whilst still warm.





Walking festivals – what's coming up?

Marie Curie Cancer Care Walk Ten

Dumfries House 6th August 2011

Hill of Tarvit 13th August 2011

Athelstaneford 27th August 2011

Belladrum 3rd September 2011

<http://www.mariecurie.org.uk/walkten>

Scottish Borders Walking Festival

4th to 10th September 2011

<http://www.borderswalking.com/>

Blairgowrie and East Perthshire Walking Festival

15th to 18th September 2011

<http://www.walkingfestival.org/>

Cowalfest 2011 Walking and Arts Festival

7th to 16th October 2011

<http://www.cowalfest.org/>

Drovers' Tryst Walking Festival

8th to 15th October 2011

<http://www.droverstryst.co.uk/>



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