

Autumn 2012

www.pathsforall.org.uk

F^{OOT}TNOTES

Paths for All Volunteer Newsletter



Inside:

- Around the world 40 times
- Volunteer Award Winners

Incorporating

Local People

Local Paths

paths
for all



Welcome to our new look newsletter. The decision to merge our existing newsletters Footnotes and Local People Local Paths is based on efficiency savings. Additionally, we want to link how a good walking environment combined with promotional projects result in more active communities. This reflects our two work programmes, Walking for Health and Path Network Development, which we have secured three years funding for from the Scottish Government and Scottish Natural Heritage, from 2012 until 2015.

This funding enables the continued support and development of our activities where volunteers are at the heart of our work.

Currently, we are reviewing how best to communicate with walkers, volunteers, project staff, professionals, partners and funders. We would like you to tell us how best to share your good news. Please contact: volunteer@pathsforall.org.uk

Thank you. Ian Findlay – Chief Officer

Cover stars

Paths for All would like to thank Patricia Cumming and the Stirling Walking Network, and Jane McArdle and the Wee County Walkers for their involvement and contribution to the recent photo shoot sessions. Thanks to their efforts and the cooperation of walkers, we now have a range of fantastic photographs depicting Walking for Health which you will no doubt see in our forthcoming publications.

Our front cover features Wee County Walkers from Clackmannanshire.

News from the board walk

We recognise the crucial role volunteers play in both developing an attractive walking environment and providing led walking opportunities. We want to fully recognise and enhance the contribution of volunteers and attract more volunteers.

To help us in this task we have recruited Eliane Reid (pictured), Assistant Chief Executive with Volunteer Development Scotland onto our board of directors. She brings with her a wealth of volunteering knowledge and experience from the environment sector.

She is keen to share her ideas stating: "I am so very delighted to be able to offer my time and my experience



to Paths for All. I can't wait to start meeting people to learn more and offer any help that I can in supporting the next few years of Paths for All's success."

If you feel there are specific volunteer issues we need to immediately address please e-mail volunteer@pathsforall.org.uk or speak to Ian McCall 01259 222 332.



Let us be your guide



Are you involved in setting up, managing or promoting a health walk project?

If so, Paths for All have produced a series of online Guidance Notes jam packed full of advice, best practice and useful links covering all aspects of a health walk project. Topics covered include:

- The Case For Walking
- Planning Your Project
- Working With Volunteers
- Monitoring & Evaluation
- Promotion & Marketing
- Moving On

The Guidance Notes can be downloaded from the Paths for All website at: www.pathsforall.org.uk/pfa/scheme-co-ordinators/guidance-notes.html

Share the message...

Our popular walking leaflet has been re-written and designed to help you spread the simple, but life changing message...walk more, feel the difference.

Copies are available via your Scheme Co-ordinator who can order them for you.

Orders of up to 100 leaflets (and

postage) are free to Walking for Health schemes, community groups and voluntary organisations. There will be a charge of 20p per leaflet (plus postage at cost) for additional orders. Leaflet holders are free. Please send your order, stating how many leaflets and holders you would like, to merchandise@pathsforall.org.uk or phone Laurene MacKenzie on 01259 218888.



Workplaces walk 40 times around the world

Earlier this year, Paths for All launched the second Walk at Work Step Count Challenge.

More than 4,500 people from 317 workplaces took part in the challenge which kicked off in March and ran for eight weeks. Using pedometers, staff measured their daily step counts and clocked up a staggering 1.9 billion steps, the equivalent of walking round the Earth 40 times.

Employees formed teams of five and introduced simple ways of increasing their daily activity such as using the stairs, going for a lunchtime stroll and walking to work. Many converted their steps into miles, planned virtual journeys and charted their progress each



Staff from NHS Greater Glasgow and Clyde West Glasgow Child and Adolescent Mental Health Team show off their pedometers and a map of their virtual journey



Step Count Champion Stephen Morrison

week. Paths for All staff and board members had four teams taking part and followed the route of the Olympic Torch around Scotland, a distance of nearly 1,000 miles.

Participants were kept motivated throughout the eight weeks with regular updates and a blog where people could share stories, tips for increasing their step counts, photographs and experiences.

Workplaces were also invited to vote for their Step Count Champion. This was someone who had gone the extra mile to encourage their colleagues to get more active or had overcome adversity and made a real difference to either their own

health and wellbeing or that of others.

There were hundreds of nominations and the eventual winner was Stephen Morrison from the JobCentre Plus in Glasgow. Stephen was put forward by several colleagues for his role in coordinating and encouraging teams from across the Glasgow area. Having taken part in the 2011 Step Count Challenge, Stephen was motivated to get more active and as a result lost more than 12 stone. Since then, he has become a vocal champion of walking and actively shares his enthusiasm for physical activity and promoted the challenge and his love of walking in local press and



staff magazine. He is a worthy Step Count Champion.

Stephen said, "I genuinely love walking and happily promote the challenge, it is heart warming to know that my colleagues and Paths for All appreciate my efforts. It has been a pleasure coordinating my teams and hope that I can get even more involved next year!"

Of course, there is a serious side to all of this. According to HSE stats, ill health and sickness absence cost the Scottish economy over a billion pounds each year with 2.2 million working days being lost through illness. A more active workforce has been shown to take less sick days and be more productive. Our evaluation from last year's challenge indicated that there was also a boost to office morale as well. The challenge is quickly becoming an annual fixture!

Paths for All worked closely with the Scottish Centre for Healthy Working Lives to promote the challenge.

Kilmarnock volunteer event

More than 70 Volunteer Walk Leaders gathered in Kilmarnock for our networking event in March. The varied programme included updates on Paths for All, Zumba, a lunchtime walk, presentations from other volunteers, Otago exercises and opportunities to network – and some lovely weather.

Some of the comments we've had since the event speak for themselves:

"The day in Kilmarnock was fantastic. Great weather. Excellent organisation and very informative. Particularly enjoyed the Zumba and other activities. Great chance for networking."

"What a lovely day it was, most enjoyable and congratulations for all the hard work for such a successful event."

"The speakers were inspirational, the food was lovely and the weather was grand, all in all a good day."

It was also a great opportunity for Paths for All staff to meet a range of our Walk Leaders and learn from their experience. During the day we gathered ideas on how to attract inactive people to join walking groups, why people join health walks, why people become a Walk Leader and how to encourage new walkers to keep coming back.

Thank you to those of you who came and we would encourage all Volunteer Walk Leaders to attend their local Scheme networking events.

Short walk cuts chocolate consumption in half

A 15-minute walk can cut snacking on chocolate at work by half, according to research by the University of Exeter. The study showed that, even in

stressful situations, workers eat only half as much chocolate as they normally would after this short burst of physical activity.



Laughter galore

If there's one thing walkers, walk leaders, and scheme coordinators like to have, it's fun. Here's a round up of enjoyable days out to share the camaraderie and provide you with future ideas for your walking groups!

Heads Up

The Renfrewshire Walking Network held their Annual Easter Bonnet Eggstravaganza (right, inset) complete with egg hunt on April 11. Sunshine, rain and hailstones didn't dampen the enthusiasm of 70 walkers.

In February the Network had a tartan walk (main right). A great idea for celebrating St Andrew's Day on 30th November.



Caroline MacLennan and Staff of Celtic Clothing with the MacGraham family, winners of a made-to-measure kilt, and of course the Proclaimers – headliners at this year's Hebridean Celtic Festival.



Welly Good Time

Over 100 walkers enjoyed three days of health walks organised by Western Isles NHS Paths to Health and Smoke Free Hebrides teams during July's Hebridean Celtic Festival in Stornoway. Decorated wellies, a nature walk and a prize winning Clan colours walk proved very popular.

Spending a penny (or two)

Presently, there are grant funds available to Walking for Health projects targetting women over 45 and men and women over 65. Monies can be used to support volunteers with training, celebration events, purchasing equipment, evaluation, marketing and promotion. If you have a good idea, speak to your Scheme Co-ordinator about making an application.



More health walks

On their recent weekly health walk, the Glen Tanar health walk group in Deeside met a group of footpath trainees working on the Riverside Path in Glen Tanar. Walkers thanked the trainees for their hard work in maintaining the riverside walk.



Cairngorms Outdoor Access Trust's (COAT) Access Skills Training Project trainees funded by the European Social Fund, Highland Council, The Cairngorms National Park Authority (CNPA) and Scottish Natural Heritage (SNH).

Olympic Winners



Walk, Jog, Run Moray designed their own Alternative Torch Relay over a 150 mile route, with over 4,000 people participating. The six day relay involved one in 20 of the Moray population. Check out their activities at: www.walkjogrunmoray.org.uk

Free Community Street Audit Training

Could the walking environment in your community be improved? If so, a Community Street Audit with your group could help. It is aimed at Volunteer Walk Leaders, Scheme Co-ordinators, Community Paths Group Members, Community Learning & Development Workers, Tenant & Residents Association members or Community Council members. The following topics will be covered:

- what makes a walkable community;
- how walkable communities help increase everyday physical activity;
- examples of small and larger scale improvements that can make a difference;
- what is involved in the audit process – including trying a sample audit for yourself;
- how to plan for and organise your group to undertake an audit;
- how best to get results from the audit process.

Dates

9 October 2012 – Glasgow
20 November 2012 – Alloa
23 January 2013 – Edinburgh
March 2013 – Inverness

For more information and to book, please contact Janice Gray, Living Streets Scotland Janice.gray@livingstreets.org.uk 0131 243 2649





© Ramblers Scotland

Brisk Walking

The Medical Protection Society have produced an updated statement of support reassuring health professionals that recommending brisk walking is a safe way to encourage patients to become more active.

To receive a copy of this endorsement of Paths for All's work, and help to develop a closer working relationships with your local health professionals, please visit our website www.pathsforall.org.uk

Volunteers Needed

Ramblers Scotland are seeking experienced Volunteer Walk Leaders for their Short Walks programme of 3 – 5 miles and Medal Route Walks of 15, 30 and 60 minutes. Contact Jeannie Cranfield on 01577 861222 or email: jeanniecranfield@ramblers.org.uk if you are interested.

Do you promote your local path?

Seventeen communities across Scotland have been awarded grants of up to £1000 to improve local path promotion and signage.

Path promotion is vital in encouraging local people to use paths. Signs highlighting the start of routes, along with directional fingerposts at crossroads and markers along sections of paths are a great way of ensuring that

people are confident while enjoying the outdoors.

Additionally creating a path leaflet highlighting local routes, their distance, condition of the path and any local features is a great way of encouraging both locals and

a grant for path promotion, but there are still methods of improving the information and knowledge on your local route. The Local People Local Paths section of our website has information and guidance, while our download pages have details of factsheets and our Signage guidance for outdoor access publication.

Alternatively, please contact the local paths Development Officer about path promotion by phoning 01463 725 153 or email localpaths@pathsforall.org.uk

visitors to be more active.

Your group may have missed the opportunity to apply for



Training opportunities for local groups

We currently offer a variety of training covering the different areas of our work including workplace and community walking for health projects, and a series of courses aimed at volunteers carrying out path maintenance and promotion.

All of the groups we work with spend a lot of time out on local paths, whether walking, maintaining paths or enjoying the outdoors. We know that some volunteers or walkers currently involved in our walking projects may be

interested in our path maintenance courses and vice versa, so we have developed a training brochure promoting all of the training we have to offer.

To view our latest training courses you can check our training calendar by clicking the Training button at the top of the webpage. Further information on each course can be found through accessing the 'leading health walks' and 'developing and managing paths' links in the training section.



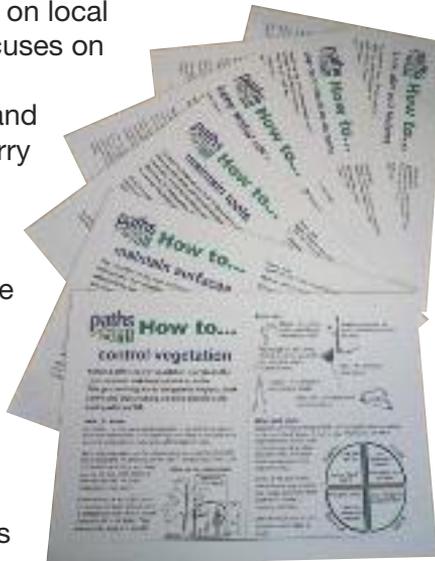
Do you know how to carry out path maintenance?

We have recently developed a series of 6 'How to Guides' aimed at providing advice to volunteers working on local paths. Each guide focuses on key information, tools required for the task and advice on when to carry out the work.

Additionally the guide highlights methods of getting the job done and considering health and safety while out on the paths.

The guides focus on:

- Maintaining surfaces



- Controlling vegetation
- Keeping water off paths
- Looking after path features
- Approaching vandalism on paths
- Maintaining tools

Created on shower-proof card, the guides are durable and are designed to be folded, so that they can fit into a large jacket pocket.

To obtain copies for your local group please contact localpaths@pathsforall.org.uk stating how many copies you would like. Alternatively, PDF versions are available online in the download section of our website www.pathsforall.org.uk



Sea, sand and shifting shores



© Copyright Roger Davis

where you can walk to Tayport Heath fairly quickly and then see over the mudflats, the Tay Estuary and the heath with the forest adjacent. From there you could walk 1.5 miles along from Tayport via Tayport Heath and reach Tentsmuir Point north end. The total return distance would be approximately 3 miles depending how far you go onto Tentsmuir Point.

Another option is to park at Morton Lochs which is accessed from the B945 Tayport to St Michael's road. From the Morton Lochs car park you can walk straight onto the all abilities footpaths and use the bird hides, this is a circular walk of approximately 2 miles. Another option is the 'wild walk' around the south loch and woodland plantation which is flat although it can be soft in places. You will see some of the Time Line sculptures here too.

From Morton Lochs there is also scope to walk for nearly 9 miles, and it is this route which is marked on the map to the left, but if you don't want to do the whole walk then you can just visit the first few stopping points and then head back the way you came.

Scottish Natural Heritage manages some wonderful places in Scotland, National Nature Reserves (NNRs). We have been featuring some of these in recent editions of Footnotes, and we continue with a look at Tentsmuir NNR.

Some 10km north of St Andrews in Fife, Tentsmuir NNR offers the visitor a chance to explore miles of shifting sand dunes and windswept beach, while inland you can check out the wetland wonders of Morton Lochs.

The reserve's name dates back to the mid 1780s when open moorland backed onto this dramatic coastline. A Danish fleet, shipwrecked off the coast, landed on the beach and set up their tents on the land behind, giving rise to the name 'Tents Moor'.

There are a number of ways to access the NNR, and lots of interesting features to see.

One very pleasant option is to take access from Lundin Bridge in the east of Tayport,



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The numbers below correspond to the numbers on the map:

1 The Morton Lochs were created from existing wetlands by local landowners to provide freshwater fishing in the early 1900s. They now attract large numbers of waterfowl, and otters are regularly seen.

2 Follow the track signed 'Ice House', keeping an eye up high for red squirrels. When you reach the edge of the forest, head over to the right and you'll see the remains of an old stone building down by the beach. This is the Ice House, built in 1888 to keep locally caught salmon fresh before it was wrapped in ice and shipped from Tayport to London.

3 Heading north and looking out to sea, you may well find that you're being watched by some inquisitive seals. Both grey and common seals are found here.

4 Around Tentsmuir Point you'll be able to look out

over one of the most important sites in Scotland for migratory waders and wildfowl.

5 The northern shore of Tentsmuir is one of the fastest growing parts of Scotland, with sand being deposited and the land moving out into the sea at five metres a year. From Tentsmuir Point, head back towards the forest and along its northern edge. Beyond the mudflats you'll see a number of islands in the river which were artificially created when trading ships dumped ballast, usually pantiles, overboard in the 18th century.

6 As you continue towards Tayport you'll pass the highest dune in this area, then it's on towards the old meteorological station with good views of the birds on the mudflats. Turn left at the forest edge and head down, with the forest on your left and a farm on your right, and eventually you'll meet the track that will take you back to Morton Lochs.

Nature Watch

Golden Chanterelle mushroom

The golden chanterelle (*C. cibarius*) is common in woods in late summer and autumn.

Caution is required when picking chanterelle mushrooms for eating, as there are look alike species which may cause illness. These versatile mushrooms can be added to most dishes, after being cleaned.

Look out for a fragrant odour, apricot colour, widely spaced gills and an absence of slime and dark or decaying parts. They are good source of vitamins A and D and contribute to the intake of the vitamin B complex.

In Europe it is known by many names, including Pfifferling (German), and girolle (Italian).

*adapted from
wildmushroomsonline.co.uk*



Essential Information

There are all ability paths around Morton Lochs. The start of the walk is on a wide but rough forestry track. The route also takes in bare sand dunes and the beach itself. Gradients are mostly low but there are some short slopes over the dunes and on the forest track.

You can find out more and download a leaflet about the reserve at www.nnr-scotland.org.uk/tentsmuir/ or contact Scottish Natural Heritage on 01382 553704.



Volunteer Award Winners Announced

Thank you to everyone who nominated their volunteers for our National Volunteer Awards. All forty six nominees show amazing dedication, energy and enthusiasm.

The final winners received their awards to rapturous applause at our National Networking Event in September at the Royal Glasgow Concert Hall. Each received a commemorative gift, certificate and £100 for their project to spend on their volunteers.

Health Walk Volunteer of the Year

Patsy Reynolds, Cairngorms Walking to Health Project

Eight years as a Volunteer Walk Leader with Cairngorms Walking to Health project – Ballater group, Patsy is described by her Scheme Coordinator, Alan Melrose as “the most fantastic and inspirational health walk leader”.

She is welcoming to everyone, creating an easy informal atmosphere – making it a pleasure for the participants, who all want to be there and look forward to their health walk. She believes in what she does and has witnessed the health benefits of walking – making her a great ambassador for Walking for Health.

However, it is her extra activities for the Ballater Walking to Health group that make her Paths for All’s 2012 Health Walk Volunteer of the Year. She takes walkers to the airport and the doctor, collects their shopping and has even invited a single elderly



2012 volunteer winners are left to right: Stephen Morrison, Heather Macleod, Jackie Reid, Patsy Reynolds and Alan Smailes.

participant to Christmas dinner with her family.

She’s made a huge difference to her community.

Patsy is keen that fellow volunteers Evelyn Newton, Molly Bannerman and Martin Reynolds receive a mention too.

Highly Commended Emma Lang, Walk Buckie (part of Walk, Jog, Run Moray)

A “special lady” according to Dr Nick Brown of the Walk, Jog, Run Moray Partnership, who has inspired many people in a degenerated fishing community to become

active. Emma admitted struggling walking 30 minutes in 2011 when she joined the group but recently took part in her first 5k event as a jogger.

She has established very strong links with the local jogging group to ensure that walkers have a progression option. Thanks to Emma, walkers in Buckie feel part of a wider scene. She is undoubtedly a local champion for Walking for Health, and is admired and respected by those who have the fortune and pleasure to be guided and supported by her.



Health Walk Volunteer Nominees

Ageing Well Midlothian

Ruth Simpson

Cairngorms Walking

to Health Project

Margaret Carnegie

Mary Walker

Joyce Sandison

Caol Walking Group

William Gibbons

Lucy Hope

Norma Callison

Dams to Darnley

Country Park

Lawrence Sweeney

Lennoxtown Health Walk

May Taylor

Northern Sole Mates,

North Glasgow Walking

Network

Rebecca Lavery

Oban Health Walks

Fiona Capper

Pilton Community

Health Project

Christine Henry

Scottish Borders Council -

Walk It

Mary Douglas

South Lanarkshire

Health Walks

Ann Rankin

South Lanarkshire Older

Walkers Rambling Group

Mary Ritchie

Step It Up Highland

Christine Langford

Joe Barker

Jeanette McGarry

Ann Ramsay

Stirling Walking Network

Robert Russell

Tullibody Healthy Living

Donald Buchan

Wee County Walkers

Kelly Saga

Community Path Volunteer of the Year

Alan Smailes, Crianlarich into Action

A very active member of the community within Crianlarich and Tyndrum, Alan dedicates almost all his spare time towards enhancing the local community, undertaking several paths projects such as:

- developing a cycleway between Crianlarich and Tyndrum
- improving local river paths
- developing a new West Highland Way link into Crianlarich

He has helped other community path volunteers to attend training and networking days. "His passion and drive is fantastic" said John Forth, Loch Lomond and Trossachs National Park Communities Officer.

Highly Commended Geoff Hardman Carter, St Fillans Path Group

Informal chairman of St Fillans Paths Group, Geoff Hardman Carter has worked relentlessly over the last few years to establish and develop local paths between St Fillans, Lochearnhead and Comrie forming the missing National Cycle Network cycle link.

His hard work, combined with that of other community members has driven this

project forward to allow local families and children to walk and cycle safely between these communities. He is a real asset to his community and it is through the group's determination and drive that the current signage project and feasibility study have taken place.

Community Path Volunteer Nominees

East Lothian Council

David Habgood

Volunteer Manager of the Year

Heather MacLeod, Walk Glasgow

As the Walk Glasgow Project Coordinator since 2009, Heather's contribution has far exceeded the requirements of the job according to Chris Kelly who nominated her.

She has taken a project from nothing to one which now delivers over 70 led walks per week through a team of 200 dedicated walk leaders – last year's community health walk attendances exceeded 12,000.

Heather's dedication to the project can be seen in the support she provides to all the volunteers, ranging from a quick chat over the phone to the various away days and celebration events she plans every year. This "nothing is too much trouble" attitude is one of the main reasons the Walk



Glasgow Project has been so successful.

**Highly Commended
Karen Robertson,
Annandale and Eskdale
Better 4 Walking Project**

Karen's passion, enthusiasm and energy have ensured the continuous development and success of Annandale and Eskdale Better 4 Walking.

The project has reached over 15,000 attendances at the weekly walks over the last 6 years, trained nearly 100 volunteer walk leaders and offered over 2,000 walks, a significant achievement in a small rural district of 36,000 square miles and a population of 37,000.

**Volunteer Manager
Nominees**

*Dumbarton Area Council on
Alcohol, Walk and Talk Group*
Liz Fraser
Stirling Walking Network
Patricia Cumming

**Workplace Volunteer
of the Year**

**Jackie Reid,
Maryhill Health Centre,
Glasgow**

Nominated by her colleagues at Maryhill Health Centre for being "a breath of fresh air" Jackie gives up her time to locate lunchtime walks and exercise activities while encouraging staff to eat healthily and have fun.

Working within one of the most deprived areas in

Scotland, with some of the most vulnerable people within the population, the challenges facing staff are constant and have detrimental effects on their health. Staff may suffer from work related stresses, anxiety and even depression.

As a result of her positivity Health Centre staff serve their clients better, are more productive and enjoy their work. "Before her arrival in our team we were fat, unhappy and lacked motivation" said Julia McCrum who nominated her.

**Highly Commended
Terry Ruitenburg,
Scottish Council of
Voluntary Organisations
(SCVO), Inverness**

Terry has worked tirelessly to get the staff in SCVO's Inverness office out on lunch-time walks in rain, hail or shine! She has worked out a number of routes which she varies depending on the abilities of those in the walking group on a day-to-day basis and is fantastic at motivating colleagues.

**Workplace Volunteer
Nominees**

Aberdeen College
Dawn Davies
Loretto Care Lanark Service
Euan Thorn
SECC, Glasgow
Alan Cuggie
*Springburn Jobcentre
Plus, Glasgow*
Julie Differ

*Thomson Cooper,
Dunfermline*
Kirsty Bruce
University of Aberdeen
Laura Taylor

**Step Count
Challenge Award**

**Stephen Morrison,
Partick Jobcentre Plus**

Stephen has been very keen in encouraging staff within the Department for Work and Pensions in the Glasgow District area to improve their personal fitness.

He has encouraged staff to take part in various events during the year beginning with the Walk at Work Step Count Challenge in March and April, as well as arranging various keep fit Boot Camps across Glasgow since then.

Stephen's enthusiasm for keep fit and also his success meeting his personal challenge to lose 160 pounds and complete his first ever 5k, has been a true inspiration.

See page 4 "Workplaces walk 30 times around the world" for more on Stephen's story.

Well done everyone who won, was nominated and volunteers on behalf of Paths for All – your work is helping to develop a happier, healthier, greener, more active Scotland.



My Active Community

Photo Competition Winners

Thank you to everyone who took and sent in an amazing array of photographs depicting their active communities. We shortlisted the selection to twelve and let our National Networking Event delegates choose the winner. The picture loved most on the day was...



West Highland Way

by *Amanda Eleftheriades*

This photo shows two walkers from the Dumbarton Area Council on Alcohol's Walk and Talk group enjoying a walk along the West Highland Way on a perfect summer's day.

The two runners-up selected by popular demand were:

Nethy Bridge

by *Jane Cox*

Two members of the Nethy Bridge WTH Group walking and chatting in Dell Woods.



Better 4 Walking

by *Philip Hardy*

The Better 4 Walking group in Annandale and Eskdale know how to dress for the weather and local terrain!



Keep taking and sharing your photographs because "Great things are not done by impulse, but by a series of small things brought together."

Vincent Van Gogh



Olympic wordsearch



There is one word in the list below that is not included in the word search. Send the missing answer to volunteer@pathsforall.org.uk or by post to the Alloa office by 23rd November 2012. The winner will receive a walking related prize!

- ATHENS
- BRONZE
- GOLD
- HIGHER
- LONDON
- RINGS
- SILVER
- STRONGER
- SWIFTER
- TORCH

All geared up

We hope you are enjoying using your **15% discount** with Cotswold Outdoors to purchase any new walking gear. Staff and volunteers of Paths for All supported projects can benefit from this saving. If you have not received details of this offer please contact Ian McCall 01259 222 332 or e-mail volunteer@pathsforall.org.uk



Need a grant?

A Local People, Local Paths Small Grant will be launched later this year. Please visit: www.pathsforall.org.uk for further information on our grants.

Contact us

Paths for All (Head Office), Inglewood House, Tullibody Road, Alloa FK10 2HU
Tel: 01259 218 888

Paths for All (North Office), Great Glen House, Leachkin Road, Inverness IV3 8NW
Tel: 01463 725 152

email: info@pathsforall.org.uk • www.pathsforall.org.uk



Paths for All is a partnership organisation, for a full list of our current partners please visit our website: www.pathsforall.org.uk
Paths for All Partnership is a recognised Scottish Charity No: SC025535 and a Company Limited by Guarantee No: 168554
incorporated 19 September 1996 at Companies House, Edinburgh.
Registered Office: Inglewood House, Tullibody Road, Alloa FK10 2HU.

