

Meet the Walking for Health Development Team

Our Walking for Health Development Team are here to provide support and guidance to all Scottish Health Walk Network Members. If you have a question, or would like to reach out, simply click your area below to find out about your contact on our Development Team.

Aberdeen City	Aberdeenshire	Angus	Argyll and Bute	Cairngorms National Park	Clackmannanshire
Dumfries and Galloway	Dundee	East Ayrshire	East Dunbartonshire	East Lothian	East Renfrewshire
Edinburgh City	Falkirk	Fife	Glasgow City	Highland	Inverclyde
Loch Lomond Nat. Park	Midlothian	Moray	North Ayrshire	North Lanarkshire	Perth and Kinross
Renfrewshire	Scottish Borders	South Ayrshire	South Lanarkshire	Stirling	West Dunbartonshire
	West Lothian	Orkney Isles	Shetland Isles	Western Isles	

Aberdeen City, Aberdeenshire, Cairngorms National Park, Highland, Moray, Perth and Kinross



Hello, I'm Helen Wilson – a Development Officer supporting walking for health projects in Aberdeen City, Aberdeenshire, the Cairngorms National Park, Highland, Moray and Perth & Kinross.

I've been working for Paths for All since 2012 and am based in Inverness. My background is in environmental project and policy work and outdoor recreation, and I enjoy this job as it combines my interests in physical activity, health and the environment.

Please don't hesitate to contact me if you have any queries or would like any support.

Email: Helen.Wilson@pathsforall.org.uk

Call: 07590350390 / 01463 725159

Angus, Dundee, East Dunbartonshire, East Renfrewshire, Glasgow City, Inverclyde, Renfrewshire, West Dunbartonshire



Hello, I'm Nicole Bell – your Development Officer for Greater Glasgow and Clyde, Dundee and Angus. I joined the team at Paths for All in September 2018 having most recently worked with a mental health charity and, before that, in local government.

I'm particularly passionate about long term physical and mental health issues and how we can use physical and social activity to enhance people's overall wellbeing, resilience and sense of community. Health walks seemed like a perfect fit for this!

If I can be of any help to you whatsoever, please don't hesitate to get in touch.

Email: Nicole.Bell@pathsforall.org.uk

Call: 07590350393

Tweet: [@NextStepNicole](https://twitter.com/NextStepNicole)

Argyll & Bute, Clackmannanshire, Dumfries & Galloway, East Ayrshire, Falkirk, Loch Lomond National Park, North Ayrshire, South Ayrshire, Stirling



I'm Colin and have a lifetime love of walking. From dog walking with my father as a kid, to countryside adventures with my children and mountain escapades with friends. For me walking has been the bedrock of life providing fun, social wellbeing and exercise.

With a professional background covering countryside rangers, outdoor access and education - I understand the motivations required to get people walking and change behaviour. I believe in the power of walking and the way it enhances lives, communities and society.

Together we will get Scotland walking. Contact me and we can start that conversation.

Email: Colin.Ward@pathsforall.org.uk

Call: 07540214905

Fife



Hi, I'm Zoe Niven, a Senior Development Officer in the Walking for Health Team and I'm here to support and develop health walk opportunities with organisations in Fife. I also manage our Walking for Health training programme which helps volunteer walk leaders and health & social care professionals to lead safe, friendly and fun health walks across Scotland.

I am passionate about the benefits of being active outdoors and it's very motivating to be able to support opportunities for more people to get involved in health walks through my role at Paths for All.

If you are based in Fife and would like to hear more, please get in touch.

Email: Zoe.Niven@pathsforall.org.uk

Call: 07590350396

North & South Lanarkshire



Helen Morrison, Senior Development Officer. I am here to support and develop Walking for Health activities in North and South Lanarkshire. Plus, I have responsibility for various aspects of the Walking for Health Team including the Scottish Health Walk Network.

My interest in greenspaces, communities and health has been combined and present throughout my career. I was a Health Walks Co-ordinator in Bristol many years ago, more locally I have worked and been a Trustee of Forth Environment Link. I currently volunteer with Operation Outdoor Adventure which is a project at a primary school, aiming to get kids to be active outdoors.

There are a lot of exciting developments in North and South Lanarkshire at the moment. If you want to be or are part of this then please get in touch.

Email: Helen.Morrison@pathsforall.org.uk

Call: 07590350398

Tweet: [@helenmwalking](https://twitter.com/helenmwalking)

East Lothian, Edinburgh City, Midlothian, Scottish Borders, West Lothian, Orkney Isles, Shetland Isles, Western Isles



I'm Valerie Carson, Development Officer for the Lothians, Northern and Western Isles and the Borders. I support a range of Walking for Health projects at all stages of their development, from starting up to exit strategies.

I'm particularly interested in the inter-connectedness between physical, mental and social health; and in making Health Walks accessible and inclusive to all.

In previous roles I've supported 100s of third sector organisations to increase community involvement, reduce carbon emissions, improve volunteer management practices, and increase access to services for people with characteristics protected by the Equality Act and/or living in poverty.

Email: Valerie.Carson@pathsforall.org.uk

Call: 07391 86960