

## Active Travel

We support more people to build walking and cycling into their daily routines as the most effective way to increase physical activity.



**WALKING,  
CYCLING,  
CONNECTING  
COMMUNITIES.**

**delegates**

attended the National Active Travel Conference



## Smarter Choices, Smarter Places

Our funding programme is helping Scotland to find smarter ways to travel.

**£5m**

in funding awarded to local authorities

**101**

active and sustainable travel initiatives

**£2m**

'Open Fund' launched for community and public organisations

**84**

84 innovative projects awarded funding by 'Open Fund' in first year



SCSP network engaged through online training materials, knowledge hub, networking events, web content and promotional materials.

## Policy & Communications

### Our events

**the Big Fit Walk**

We launched the Big Fit Walk in Aberdeen with

**1,500**  
local school children

We celebrated our invaluable volunteers at the Scottish Parliament at our Annual Volunteer Awards.

We hosted an Expert Lecture with **200** professional delegates on social prescribing

### Our advocacy

#### WALKIPEDIA

We launched 'Walkipedia', an information resource containing key stats, research and evidence on walking.

We renewed the National Walking Strategy Action Plan.

We're active members of several Scottish Parliament cross-party groups where we advocate walking.

### Our healthy workplace

We retained our Gold Health Working Lives Award for the 8th year by continuing staff-led health and wellbeing activities.



**Healthy Working Lives**



### Our voice

Our website attracted **785,666** visitors

Our social media following grew to over **11,000** people



**350**  
articles in national and local press were secured



Our tweets reached over **2 million** people

**paths for all**

FOR A HAPPIER,  
HEALTHIER SCOTLAND

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**paths for all**

FOR A HAPPIER,  
HEALTHIER SCOTLAND

**Our Year  
2018-19**

DESIGN: edenog.co.uk





## Walking for Health

Our Walking for Health programme aims to increase the number of people walking every day in Scotland, improving wellbeing and preventing ill health.



120

accredited members of the Scottish Health Walk Network

£160,000

funding to support projects across Scotland



Over 550

free, accessible and sociable weekly walks

1,239

Volunteer Walk Leaders trained



Our walkers report feeling fitter, sleeping better and making friendships.

## Strength and Balance

Regular walking plus strength and balance exercises provide the key to an active, happy and healthier older age.

- 5 care homes supported to install Strength and Balance exercise panels to their grounds
- New resource to reduce sedentary behaviour in older adults produced in partnership with the University of Glasgow

MACMILLAN  
CANCER SUPPORT

## Cancer Friendly Walking

Together with Macmillan Cancer Support, we're supporting people living with cancer to make a positive change through physical activity.

22

local authorities deliver cancer friendly walks

88

cancer walking groups across Scotland

Over 200

Macmillan Volunteer Walk Leaders

Dementia  
Friendly  
Walking



We are making our Health Walks more accessible for people living with dementia.

'Care About Walking' resource produced supporting care staff to encourage activity

27 accredited Dementia Friendly projects

Launched Scotland's first Dementia Friendly Park in Stirling

## Workplace Walking

Step  
Count  
Challenge



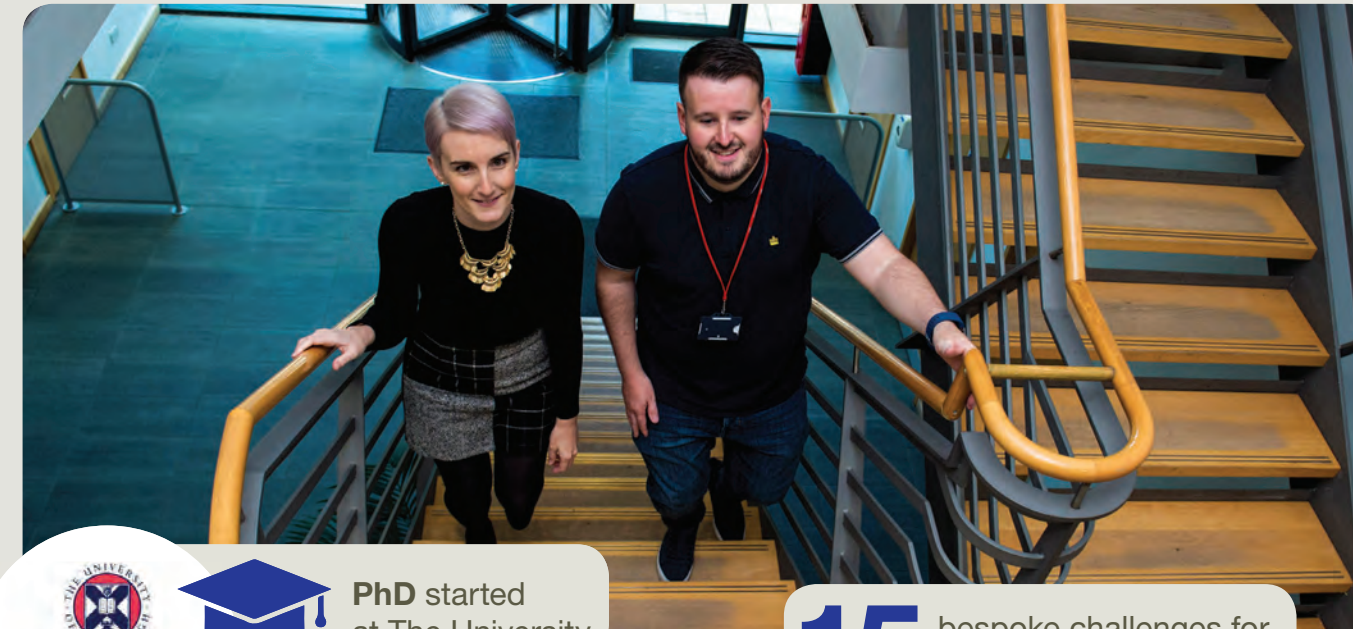
6,447

people took part in 2018/19

An active workplace means healthier and happier staff. We support workplaces in Scotland to help their staff move more.

Autumn Challenge 4 weeks long

Spring Challenge 8 weeks long



PhD started at The University of Edinburgh's Physical Activity for Health Research Centre

15

bespoke challenges for individual workplaces

## Walk at Work Award

We began developing our award for workplaces to promote, support and encourage an increase in walking and a decrease in sedentary behaviour.



## Active Environments

We support community path projects, so everyone has access to safe and connected places to walk.



## Community Paths

46

community organisations awarded grants totalling

£86,699

5

disadvantaged communities supported to secure funding



Our five-day Path Skillz course inspires young people to make a difference

44

gained their Dynamic Youth Award as part of the course (SCQF level 3)

89

disadvantaged young people took part

13

youth workers piloted our Youth Tracks training course

## Technical Support & Training

Our technical advice and training courses share skills and knowledge to make community path projects a success.

221

took part in training courses

122

technical enquiries supported

56

communities received 1:1 onsite advice

1.3 km

of National Walking & Cycling Network in South Lanarkshire upgraded

