



FOR A HAPPIER,  
HEALTHIER SCOTLAND

**2019/2020**  
Annual Report



# We're the Scottish charity championing everyday walking for a happier, healthier Scotland.

Our aim is to significantly increase the number of people who choose to walk in Scotland - whether that's leisure walking or active-choice walking to work, school or shops. We work to create more opportunities and better environments not just for walking, but also for wheeling, cycling and other activities, to help make Scotland a more active, more prosperous, greener country.

We have a very clear focus: we want to get Scotland walking: everyone, everyday, everywhere. We are talking about regular, easy, local walking. Walking that can be part of daily routines and family life. Walking to be enjoyed in groups or alone, at work or at home. Walking that takes place in city streets, community parks, local woodlands or coastal paths. This is walking that's relevant and accessible to us all: This is everyday walking.

## Our Vision

We want to create a happier, healthier Scotland where physical activity improves quality of life and wellbeing for all.

## Our Focus

We work to get Scotland walking: everyone, every day and everywhere

We work to get EVERYONE more active.

We encourage physical activity with a particular focus on EVERYDAY walking.

We work to improve environments so that people can be active EVERYWHERE.

## Our Themes

### Walking For Health

**Our Aim:** The number of people in Scotland walking every day is increasing, improving wellbeing, reducing health inequalities and preventing ill health.

### Active Environments

**Our Aim:** Outdoor environments in Scotland are increasingly welcoming, safe, fit for purpose and encourage increased physical activity.

### Active Travel

**Our Aim:** More people choose to walk and cycle for everyday short journeys, thereby improving health, creating safer communities and enhancing environmental impacts.

### Communications and Policy

**Our Aim:** More people are aware of the benefits of everyday walking, physical activity and how to take part. There is an increasing focus on physical activity within national and local policies and practice.

# Foreword

Ian Findlay CBE,  
Chief Officer of  
Paths for All



**It's been a privilege for me to lead Paths for All through another year of successes. Working with my colleagues, our funders and our partners, we're making progress towards a happier, healthier Scotland where everyone walks, every day.**

It's been a busy year for us at Paths for All. Throughout the last 12 months, we have awarded £7.3 million of funding for Walking for Health, Community Paths, active & sustainable travel projects across the length and breadth of the country.

In May, we held our first ever photography exhibition as part of Edinburgh's first Open Streets event, hosting it later in the year at the Scottish Parliament. We launched a new website 'Walkipedia' - a rich resource of walking data and statistics - which includes the data from our second walking opinion survey highlighting people's attitudes and barriers to walking in Scotland which we published this year.

In summer, we moved office to Stirling's new charity hub, welcoming the opportunity to collaborate with other third sector organisations. We enjoyed a night of celebration at the Scottish Parliament at our Volunteer Awards, and we welcomed our

very first Artist in Residence, Alec Finlay, to offer Health Walkers creative activities to develop a deeper connection with their local environment.

As we approached the end of the financial year, we found ourselves at the beginning of a global pandemic. The Coronavirus outbreak has brought many challenges to society - affecting the physical, mental and social health of our communities, the way we work and how we travel.

But with the significant challenges, some opportunities arose from lockdown that we want to retain: more kindness, a greater sense of community, cleaner air, quieter roads and skies, shopping local, daily exercise, and working from home - many of which involve everyday walking. Over the year ahead, I look forward to Paths for All's work playing an important role in making Scotland a fairer, kinder, healthier, happier and greener place to live, work and play.

# Walking for Health

## Health Walks

Our Health Walk programme supports the people who are most inactive to take their first small step towards enjoying the health benefits of physical activity. These walking groups offer short, volunteer led, friendly walks. Our evidence tells us that the social and wellbeing benefits of company and spending time in greenspaces are just as beneficial as the exercise our walkers experience.

**86%**  
are still walking with  
their group after  
6 months

**89%**  
are regularly active

**230**  
Walking for Health  
projects are members  
of our Scottish Health  
Walk Network

  
Trained **980** new  
Volunteer Health Walk  
Leaders

Delivering **650**  
regular walks across  
Scotland

  
Awarded **£175,000**  
in funding to **39**  
**projects** to deliver  
Health Walks

**6760**  
people joined a Health  
Walk for the first time



**“I have loved every minute of it. I now have a reason to be able to get up and go in the mornings and that is a group of walkers who I have become fast friends with and some exercise. It has helped me to be more social than I would otherwise be.”**

**“I’m feeling fitter and healthier, mentally and physically. I have now lost over 1 stone in weight.”**



## Ved Kapoor: a home away from home

Ved featured in our Humans of the Walk campaign and shares how joining his local Health Walk has impacted him.

“When I came back from visiting my home in India, I found myself in a very low place because I missed it so much. But walking with the group helped me cope and get back to feeling like my old happy, bubbly self. Walking is a part of my weekly routine both alone and together with the Milan Senior Welfare Organisation. They support those that are not confident in walking and since joining, my knees feel better and balance has been improved. I really enjoy just having a simple chit-chat with others and you feel safe as you’re all together. My favourite place is Lochend Park in Edinburgh.”

## Cancer Friendly Walks

A growing body of evidence shows that being active can play a vital role in helping to prevent a recurrence of cancer. It can also slow disease progression as well as reducing the side effects and consequences of cancer treatment, such as fatigue.

We worked with Macmillan Cancer Support to support everyone living with cancer to be more active, through walking. Our cancer friendly walks are led by a Macmillan trained volunteers who help participants to become, and stay, active at a level that’s right for them.



**111**

Cancer Friendly walking groups across Scotland

**2941**

attendances by people affected by cancer

Supported by **25** Macmillan Move More projects



Trained **96** new Macmillan Walk Leader volunteers

“It’s good for the spirit and it gives you something to look forward to. I am now walking further than I ever would have imagined and my physical and mental wellbeing has greatly improved”

Move More Walker, Glasgow

**Case Study:**  
A hospital ward in Paisley used our Strength and Balance resources to spruce up a quiet corridor and turn it into a place where patients can get more active.

**Known as Exercise Alley, Ward 24 in the Royal Alexandra hospital features a 60m signposted walking circuit and our strength and balance wall stickers to encourage patients to get out of bed, walk and move more during their time in hospital.**

The aim is to help patients recover faster, return home sooner and then continue to enjoy the physical, mental and social benefits of being active in their community.

Jane Porteous, Enhanced Recovery Nurse, said: “Exercise Alley is being put to good use here on Ward 24. Patients who are stepping down from the high dependence unit are encouraged to participate in circuits then progress to adding one or two of the strength and balance exercises to their laps. It really is of great benefit to the ward and our patients’ recovery.”

Daren Borzynski (47) from Dumbarton was a patient in Ward 24 in December 2019 following surgery for a perforated bowel. Six days after surgery, Daren started taking to his feet, slowly increasing his step count from 100 to 8000 a day.

He said: “One of the things for me was that I wasn’t just sitting dwelling on things, I was getting up and active and enjoying the walks.

“During one of the laps, I noticed the strength and balance stickers. It was a great prompt. It was great to see Paths for All doing this kind of thing in a hospital. The exercises were great. I knew that if I was sitting down getting blood or hooked up to an IV drip, I could do leg raises at the same time. With encouragement from the ward staff, I could feel my health, strength and especially my mental health improving.”



# Dementia Friendly Walking

A dementia friendly Health Walk is much like any other walk. It's social and open to the whole community, led by a walk leader, uses safe, accessible paths and is an opportunity to enjoy some fresh air all year round.

What makes a Health Walk dementia friendly is including people living with dementia in the development of walks, providing Dementia Friendly Walk Leader training to volunteer walk leaders, building partnerships with organisations and agencies and ensuring that people living with dementia know about walking activities in their community.

Ran **10** dementia friendly walk leader courses training **80** volunteers who lead over **130** Dementia Friendly Health Walks across Scotland



Worked with **5** care homes in Perth and Kinross to provide walking and strength and balance activities for residents



**Won** the SportScotland Coaching for an Active Life COV Award and the Silver Perth and Kinross Council DESIGNing the Futures together Award for our Dementia Friendly Walking work

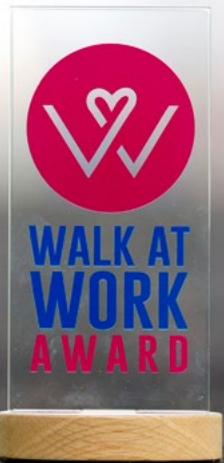
Began work with Dementia Friendly Prestwick to make positive improvements to town's promenade and the walking environment



**“The walks are so friendly! I’ve just moved to the area, and it’s lovely how welcomed I feel.”**

# Workplace Walking

An active workplace is a happy and healthy workplace. We support workplaces to get their staff moving more and sitting less during the working day.



2

national Step Count Challenges, one in spring and one in autumn

17 stand alone challenges with 7,736 people taking part throughout the year



Worked with **26** workplaces from across Scotland to support them in achieving our Walk at Work Award

In collaboration with the University of St Andrews, we secured funding for a **PhD** to look into the **impacts of the Step Count Challenge**



Began development of a new **website** for Step Count Challenge with new branding and increased functionality



**“I am over 50 and overweight. The Step Count Challenge has encouraged me to walk instead of waiting 30 minutes for next bus. I have lost weight and my mental health has improved so much so I am going to continue this journey to the next challenge.”**

Spring Step Count Challenge participant

## Case Study: Dark days in Shetland didn't stop winning Step Count Challenge team



**Despite the limited hours of daylight on the island during winter months, team 'Twisted Blisters' from Shetland Islands Council took more steps than any other team during our autumn challenge recording 3,626,958 steps over four weeks.**

Wendy Borrill, team captain of the winning team said: "It feels great to have won but had we come in anywhere in the top 10, we would have been just as happy. I think we just really enjoyed this challenge. We were competitive, but that wasn't what was driving us. It was more about fitness, maybe weight loss, and motivating each other. There was a great amount of friendship between the five of us and we encouraged each other the whole time.

"This challenge comes at the right time for us. There's just five or six hours of light here in Shetland during November, so the challenge gave us a lovely focus."

The team kept each other motivated during the challenge with a WhatsApp group and clocked up the steps during the working day by making simple changes like always taking the stairs as well as more challenging efforts like walking 12 miles a day to and from work!

Maggie Sandison, Chief Executive of Shetland Islands Council added: "The physical and mental health of our staff really matters to Shetland Islands Council. The Step Count Challenge is a fantastic initiative that everyone can join. Twisted Blisters are great ambassadors, but I support all my staff to get involved if they can."

# Active Environments

Access to good quality, well-maintained outdoor spaces can help improve our physical, social and mental health. We provide support to community organisations, community groups and access professionals improving local paths throughout Scotland.

We empower communities in Scotland to take the lead in creating, promoting and maintaining safe, welcoming community paths and active routes for everyone by sharing our expert knowledge and resources and by providing training and funding opportunities.

## Community Paths grant programme



Awarded **£90,374** of funding to **48** community organisations and groups to create, promote and maintain community paths and active travel routes

## Path Skillz



Welcomed **42** disadvantaged young people from **5** organisations onto our five-day course which included upgrading **1.2Km** of paths

Developed a **Youth Tracks** training course for youth workers and leaders to engage young people in path development and the outdoors, with **16** people taking part



**“I feel more confident in my own abilities and more motivated to work and try new things. I now understand what working on site requires and put in more effort. I’ve gained new skills in path maintenance, using tools, teamwork and speaking to others. I’ve already used some of these new skills at home.”**

Jonathan, Perth College

# Training and technical advice

Our training courses will give communities the skills, knowledge and confidence they need to make their community path project a success.

**136** participants attended Community Path Training courses and workshops

**35** people attended 2 Sharing Best Practice events organised for the Scottish Outdoor Access Network

Our technical advice supports communities to design and maintain paths that help everyone be active, every day.



Launched our **Walking with Nature Programme**, supporting Health Walk groups to engage in nature and basic path maintenance



Received **101** technical enquiries from communities, third sector organisations, national charities, public and private sector organisations and individuals



Invested **£34,951** in the creation of new infrastructure, signage and a dementia friendly outdoor space at the National Path Demonstration Site



**73** communities and organisations were provided with advice via phone or email and we supported **28** communities and organisations with onsite technical support

Supported **7** disadvantaged communities to develop and secure funding for their community path projects



## Case Study: Ferguslie Park volunteers bring deprived area back to life



### We awarded funding to a group of volunteers from Ferguslie Park, Paisley to help boost their efforts in bringing the local community space back to life.

Supported by Ferguslie Community Council, Darkwood Crew used the funding to carry out vital upgrades to the path networks in the local village green, including the introduction of access ramps and benches, improving signage and the enhancement of green infrastructure in the area.

Named as Scotland's most deprived area in 2016, Ferguslie Park gained a reputation for being a hot-spot for anti-social behaviour and has since seen considerable community efforts to help transform it into a safe, accessible and welcoming space for residents.

Terry McTernan, Darkwood Crew volunteer and secretary at Ferguslie Community Council, said "We're incredibly grateful to Paths for All for their support. The grant has been crucial in allowing us to begin phase one of the wider three-stage regeneration project which aims to revitalise village green into the valuable public resource that it can be.

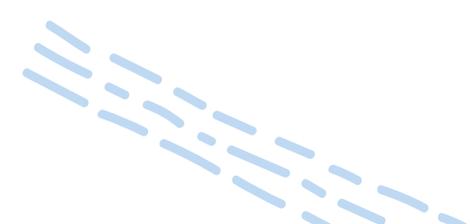
"One of Darkwood Crew's main aims is to enhance the health and well-being of local people through increased opportunities to use the area in a positive way. This means we need to make sure that it's regularly and properly maintained.

"This includes things such as minor tree surgery work, hedge cutting, weeding, edging of the path network, litter-picking

and graffiti removal. Cleaning up the area and equipping it with the necessary infrastructure will help to connect local amenities, homes and open spaces, providing a more accessible environment for people of all age groups to gather and socialise.

"With the first phase of regeneration taking place at the moment, it's already clear that the changes are doing wonders for the people of Ferguslie Park."

Darkwood Crew believes that encouraging wider usage of the area will help to address a number of socio-economic issues that persist in the local community, including isolation and loneliness, health inequalities and lack of educational attainment.



# Active Travel

We aim to make walking and cycling the natural choice for short journeys. Active travel simply means making journeys by physically active means - like walking, cycling, or scooting.

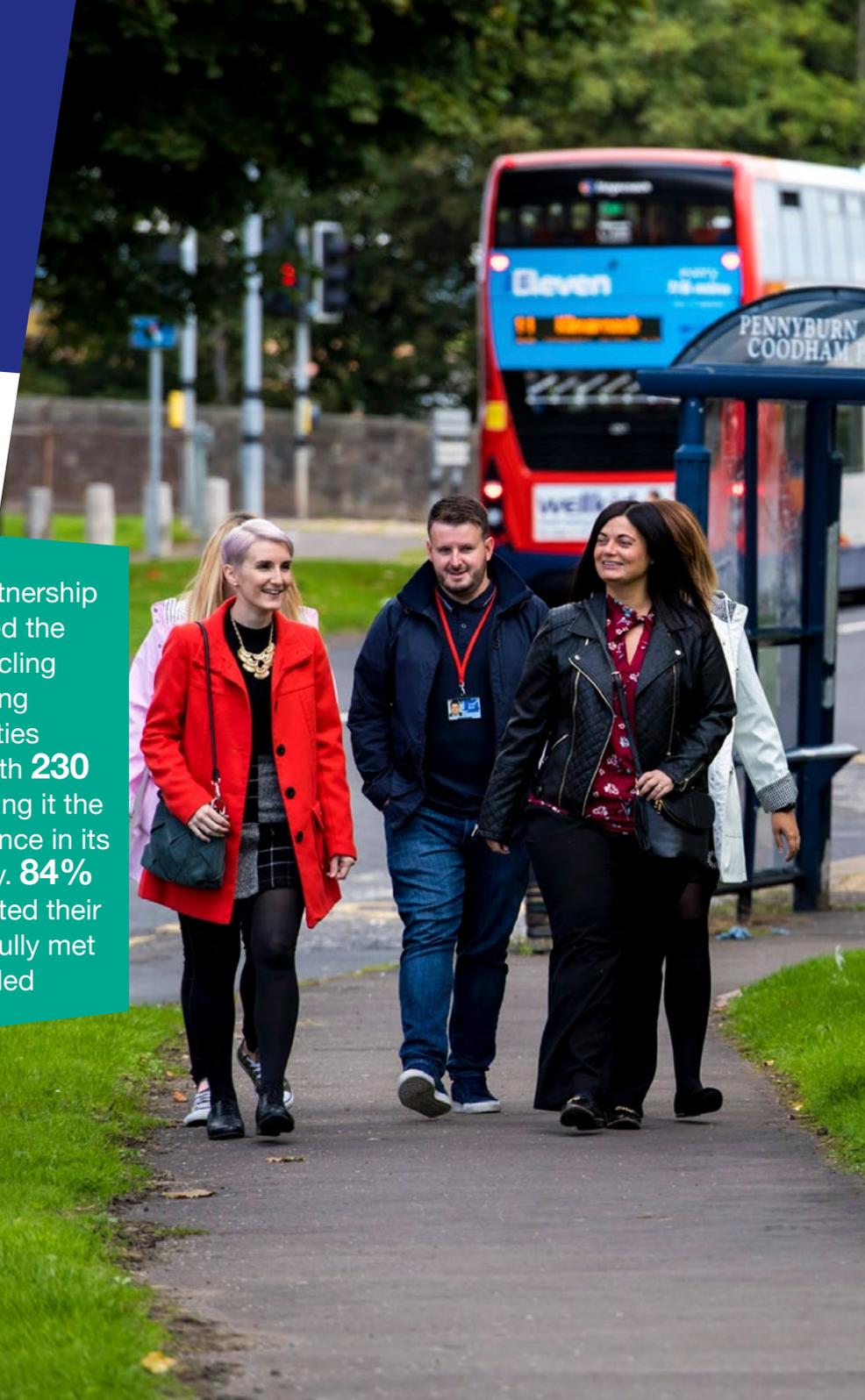
By supporting more people in Scotland to walk, wheel and cycle for everyday short journeys, we will improve health, create safer communities and reduce environmental impacts.

We work in collaboration with Scotland's leading active travel charities to make our vision of a happier, healthier Scotland a reality. Working in partnership, we aim to create a Scotland that supports walking and cycling as the natural choice for short journeys.

We are one of the key organisations which make up **Scotland's Active Travel Delivery Partners.**

Working in collaboration, this group works to deliver Transport Scotland's Active Travel Vision of enabling walking, wheeling and cycling to be the most popular mode of travel for short, everyday journeys

We led the partnership that delivered the Walking Cycling Connecting Communities conference with **230** attendees making it the biggest conference in its 11-year history. **84%** of delegates rated their objectives as fully met or exceeded



# Smarter Choices, Smarter Places

Smarter Choices, Smarter Places (SCSP) is our grant programme, funded by Transport Scotland, aiming to encourage people to change their travel behaviour and adopt more sustainable travel options such as walking, cycling, or using public transport.

Our programme offers funding and support to local authorities, public, third and community sector organisations who deliver innovative local projects for local needs.

Our 2018/19 Review of SCSP identified that the Programme had a collective impact of:

getting more than **70,000** people walking and cycling more

communications activity had a media reach of over **8 million**

there were **235,000** attendances at over **2,300** events and activities

In 2019/20:

**£5,305,407** was awarded to **31** Local Authorities to deliver a wide range of sustainable travel behaviour change activities

Year two of the SCSP Open Fund was launched - Ninety-three projects were awarded **£2,385,246**

An online, automated **grants system** was introduced during the year

SCSP Learning event was attended by **120** delegates. **90%** of delegates rated their experience as **Very Good or Excellent**



## Case Study: Catch the walking bus to school



**Using our SCSP funding, Glenboig Development Trust (GDT) started its active travel programme with the easiest and cheapest method of active travel: walking.**

The bus has operated on every school day since 19 August 2019 and covers over half a mile each way. The bus allows children from two schools to get to their joint campus in a safe, healthy and social way.

The children fulfil tasks on the route - carrying the banner, pulling the school bag cart, and participate in quizzes and

word searches aimed at improving their road safety skills and climate change literacy. The walking bus is one of the few opportunities the children have to work together to achieve a common goal while allowing adults to meet and talk to each other.

The end-of-project survey found that 35% of respondents had used the walking bus when only 14% of respondents in an earlier survey saying they walked their children to school regularly. The final survey also found that 20% of respondents walked more often and were less reliant on cars.

**“The kids are thoroughly enjoying the walking bus and their duties. It’s amazing to see how much pride they have in their bus and also great to see the number of children at the school who are excited to try it.”**

Carly from Glenboig

**“The kids love it! The walking bus has a real community spirit to it, and everyone works together to ensure the children get to school safely!”**

Morag from Glenboig

## Case Study: Travel planning in Edinburgh workplaces



**Our SCSP fund supported the City of Edinburgh Council to work with partners offering travel planning for workplaces in the city. This helped workers find the most sustainable way to travel to work that was also convenient, cost effective, and had health and environmental benefits.**

Running since 2015, this behaviour change programme raises awareness of sustainable travel options to Edinburgh biggest employers and their staff. There's now in the region of 60 organisations working with the programme employing a total of 50,000 workers. There's an active participation of around 10,000 employees.

The workplace programme has supported a range of measures to help employers set up their own travel action plans and hold roadshows and commuter challenges.

**“I’m a big believer in sustainable transport but you need an infrastructure to support that. You see all these cars with one person in them, and I was one as well, but do these people know of the other options they have to get to work? I seriously think we need to be encouraging more people, and there’s some great services out there that people just need to support and give them a go.”**

Sally York, Edinburgh worker

# Communications and Policy

Our communication activities, campaigns and events increase the profile of physical activity and the benefits of everyday walking in Scotland. Through our policy work, we provide key evidence and arguments to influence policy positively at a national level.

## Communication channels



Social Media following increasing to **13,875**

Website achieving over **1.07 million hits**

**872** published articles in the media with a reach of **14.4 million**



monthly eNews reached **8879** subscribers



**88%** of professionals completing our annual survey stated Paths for All communications had a positive impact on the delivery of their work, and **95%** of all respondents stated Paths for All communications increase their awareness and knowledge of walking and physical activity



## Communication activities



Launched our new podcast series called **Voices of the Walk**, recording our first six episodes with a range of expert guest speakers

Launched a microsite and animation for the **National Walking Strategy**



Launched **'Walkipedia'** - a website for access and planning professionals, academic researchers, healthcare practitioners, and community groups looking to create, manage or evaluate walking initiatives and infrastructure

## Events



Hosted our Volunteer Awards at the Scottish Parliament, with **12 awards** given to celebrate volunteers across our Active Travel, Active Environments and Walking for Health projects, and a further **188 certificates** issued for nominated volunteers

We hosted our Annual Expert Lecture with global thought leader Professor Jeff French and over 200 professional delegates attended

We promoted our **Big Fit Walk campaign** throughout June, encouraging communities, schools and local groups to organise a short 30 minute walk. We launched the campaign in Ayr with Joe FitzPatrick MSP, Minister for Public Health, Sport and Wellbeing and had 50 walks registered on our online map, with representation in 21 local authorities

the Big Fit Walk

# Case Study: Humans of the Walk: a portrait photography exhibition



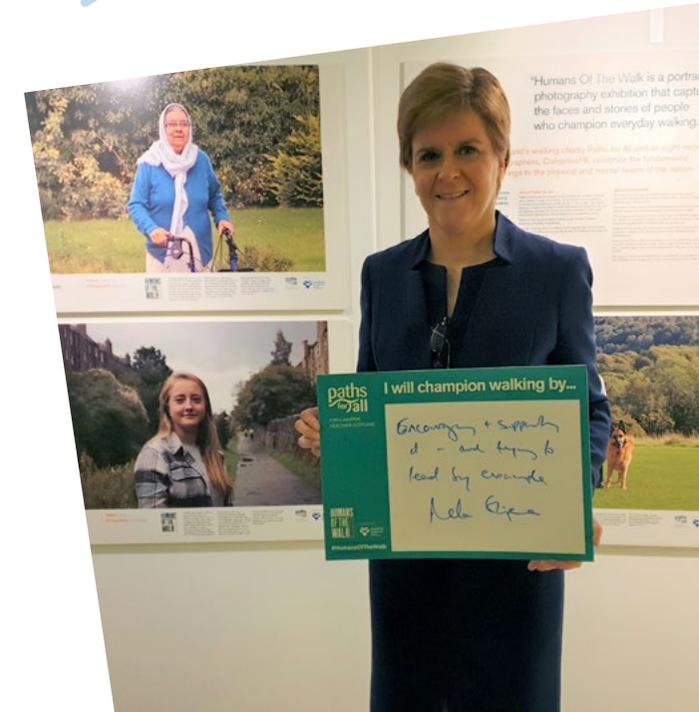
**Our first ever photography exhibition, created with photography students from the University of Edinburgh, was a big success. ‘Humans of the Walk’ captured the faces and stories of people who champion the joy of everyday walking in Scotland.**

The exhibition featured 11 portraits and quotes from individuals from a range of ages, backgrounds and locations, all explaining why walking is so important to their physical, mental and social health.

One of the portraits featured Paul, 22, shared what walking means to him: “I’m quite claustrophobic so I prefer to be outside. I enjoy the two-hour walk to university every day - I’d rather walk than commute or get

a car. I use walking to problem solve, really. It’s my time to think. It’s a stress reliever from uni work. I’m definitely not wild by any means. I have this philosophy now that I’ll only do things if they make me happy and walking is part of that.”

We first launched the exhibition during National Walking Month as part of Edinburgh’s first Open Streets event – where parts of the city were transformed by closing streets to cars – the exhibition later went on to the Scottish Parliament. The parliamentary exhibition provoked many important conversations with MSPs around the benefits of walking and how it can positively impact not only the physical and mental health of the nation but also the environment. During the exhibition, 56 MSPs made ‘walking pledges’ on what they could do to support more people in their constituencies to walk



# Policy work

We attended **38** cross party groups and national policy forums to advocate for walking and formed **14** partnerships to work on projects increasing the evidence of our work



We commissioned an **attitudes survey** to inform our activities, giving insights on the Scottish population's participation and attitudes to walking

Responded to **41** national and **38** local consultations

The largest proportions walk most frequently:

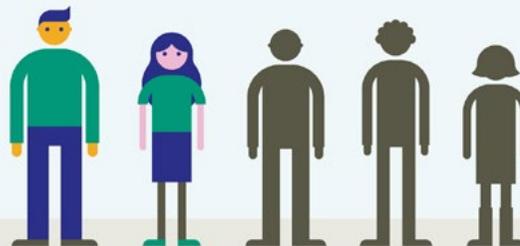
**59%**  
for **leisure/**  
**exercise**

**47%**  
to get to  
**local shops**

**32%**  
to reach  
**public**  
**transport**



Over **2 in 5** Scottish adults  
**walk more often** than they did 5 years ago



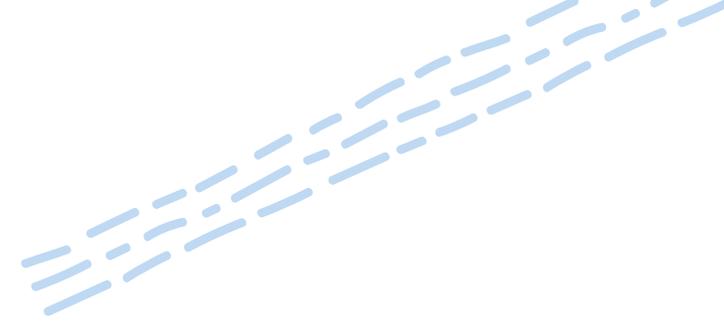
**55%**  
of **adults**

**74%**  
of **16-24** year olds

had walked to and from **public transport** links in the previous month, as part of a longer journey



# Case Study: Scotland's view on walking

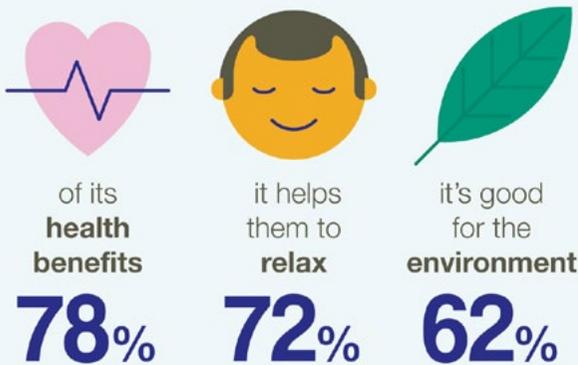


We commissioned a national survey to provide an updated picture of the Scottish adult population's participation and attitudes to walking. The survey updated information last collected in 2014 and complemented other sources of information such as the Scottish Household Survey and Scotland's People and Nature, to give us a picture of walking in Scotland.

walking. 64% of people said that being within walking distance of a regular bus service was important and the majority of respondents stating that when moving house, being able to walk to local shops and other amenities was more important than convenience by car.

It also suggested people would like to be more active as they travel, but there are some barriers to overcome, with 63% saying they have been forced to change their walking route due to issues like cars parked on pavements, cyclists on pavements and poor maintenance of pavements.

The majority of Scottish adults either 'strongly agree' or 'tend to agree' that they **like to walk** because:

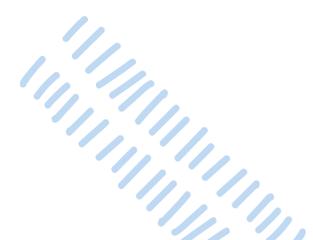


A key highlight of the survey showed that there are more of us walking now, compared to 5 years ago. 42% reported they were walking more often, listing health reasons or a change in personal circumstances, such as having more time or moving house, as the most common reasons for walking more.

The survey also revealed valuable data on what could reduce some of the barriers to walking. Having someone to walk with, feeling safer at night and improved local paths would encourage increased walking, particularly for women.

The survey results revealed interesting insights into the links between public transport and its influence in increasing

Our survey results were shared with partners, funders and policy makers to help inform work to increase walking going forward.



# Working in partnership

We don't work alone, as a partnership organisation we work with a range of organisations to help us get more people walking in Scotland.

We facilitate the **National Walking Strategy Delivery Forum** which is made up of 27 of Scotland's most influential public and third-sector organisations. The strategy is the Scottish Government's ambition for a nation that walks more every day

We established the **Scottish Coalition for Physical Activity and Long-Term Conditions**. This coalition of charities aims to engage and influence policy and initiatives that support people living with long term conditions to enjoy the benefits of physical activity, supporting them to move more as part of their daily routine

We worked in partnership with SAMH to launch a **toolkit** to raise awareness of the benefits of Health Walks for mental health and reduce mental health stigma

We commissioned Alec Finlay as our first ever **Artist in Residence** to engage the Scottish Health Walk Network in creative ways to promote and enjoy their Health Walks



# Our Partners



# Our Funders





FOR A HAPPIER,  
HEALTHIER SCOTLAND

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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

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