

paths
for all

FOR A HAPPIER,
HEALTHIER SCOTLAND

2022/2023
Annual Report



We are the Scottish charity championing everyday walking for a happier, healthier, greener Scotland.

Regular walking is one of the simplest and easiest ways to improve our physical, mental and social health. We work to create opportunities so more people can walk or wheel everyday, whether that's to the shops or school, for leisure or to get to work.

Walking can also tackle inactivity and reduce health inequalities. We provide inclusive and supportive opportunities for everyone to walk more. By improving accessibility and main well-maintained paths, pavements and greenspaces, we can reduce social and transport inequalities.

Walking and wheeling are the cleanest forms of transport which means they are central to our response to climate change. At Paths for All, we support communities and organisations to promote behaviour change and make a lasting difference to the way people travel.

So let's keep walking: everyone, everywhere and everyday.



Our Strategic Vision

Our Vision



Our Themes



Our Mission



Our Objectives



Foreword

Kevin Lafferty, Chief Executive Officer, Paths for All

I'm delighted to present the 2022/23 Annual Report, which highlights our progress through the many walking projects we have delivered and supported, towards a happier, healthier, and greener Scotland.

We are working hard to see walking recognised as a driver for health, wellbeing and environmental benefits to society. Support is growing, and this was evident as the Scottish Parliament's first-ever debate on walking took place during May's National Walking Month. This was a milestone, where we heard cross-party political support for walking.

Our Health Walk Network continues to grow, delivering an incredible 850 weekly walks. The physical, social, and mental health benefits of these walks are undeniable. These benefits are also felt by participants in our popular Step Count Challenges, with over 12,800 people taking part in seasonal and bespoke challenges this year.

We've made great progress to make walking more accessible to everyone. This year, we launched our All Ability Health Walk training to increase inclusion, ensuring people with disabilities or health conditions can access

these walks. We were also delighted to showcase best practice dementia-friendly path infrastructure at the National Path Demonstration Site. The Movement for Health coalition, which we manage, continues to grow in influence, championing active lives for people living with health conditions.

The Scottish Government confirmed its commitment to Active Travel, which we welcome. We saw increased investment in our Smarter Choices Smarter Places programme which funded innovative and impactful walking, wheeling and cycling programmes that are making a real difference.

The launch of the £1.5 Ian Findlay Paths Fund was a huge highlight, and we can't wait to see the new path projects making a positive impact in communities to increase walking, wheeling and cycling next year.

We were thrilled to reconnect with people in person after the pandemic, and we enjoyed welcoming them to events such as our Scottish Health Walk Network Conference, Expert Lecture and Volunteer Awards.

We are grateful for the continuing support of our funders, Active Scotland, Transport

Scotland and NatureScot. We'd also like to thank our partners, and the numerous volunteers and organisations working to support walking, wheeling and physical activity in Scotland's communities.

I've been pleased to welcome eight new staff to the team. They join a high performing staff, who I'd like to thank for their professionalism, passion and commitment to our mission. Their hard work is reflected in the outcomes detailed in this report.

We are more than aware of the challenges Scotland faces, including economic, health inequalities and the climate emergency. This report shows headway is being made in policy and practice to cement walking as part of the solution to these challenges. But there is so much work to do to support people to lead more active lives.

I am proud of what we have achieved this year and I am motivated to work together with our team and partners to continue working towards our vision.



Walking for Health



Health Walks

We manage and support the Scottish Health Walk Network (SHWN). The network runs over 850 regular walks all across Scotland. Walks are free, short, local, volunteer-led and accessible to all.

In 2022/23, as walks were free from Covid restrictions, Health Walks welcomed thousands of new walkers and we supported thousands of existing participants returning after the pandemic.

We were delighted to launch a new All Ability Health Walk training course developed in partnership with Scottish Disability Sport. This course aims to increase participants confidence in supporting the inclusion of people with disabilities, impairments and long-term conditions in Health Walks.



431
members of the Scottish Health Walk Network (an increase of **31%**)

£243,042
awarded to **27** projects through our Walking for Health Fund

9003
people registered to join a Health Walk for the first time


187 Health Walk Leaders completed strength and balance training

86%
of new walkers regularly active after six months


1043 new Walk Leaders trained



The walking group has been, for me, a single elderly woman, a bright light in an otherwise lonely week. A help to confidence, to keep moving, and the friendship of other people. A great idea”

Walker, Tongue walking group

 All Ability Health Walk Training in Gourrock

Success Story

After giving birth to her second child, Stacey used weekly Health Walks with Healthy Valleys to regain confidence in her body, increase her fitness and make friends as a young mum.

Healthy Valleys is a community-led initiative supporting communities in rural South Lanarkshire, providing support for local people to lead healthy, active lifestyles, and improve their physical, mental and social and wellbeing.

Stacey Sirrell, a 24-year-old mother-of-two from Rigside, is a regular with Healthy Valleys, and attends several of the Health Walks delivered throughout the week. She also enjoys cooking and nutrition courses - delivered through the Healthy Valleys 'Place to Be' programme.

Annette Hall McKay, Project Worker with Healthy Valleys says,

“I’ve seen a big change in Stacey from since we started – the difference made is phenomenal. Stacey is a fine example of how small changes and positive goals can help.”

Consistently taking part in weekly Health Walks and Buggy Walks delivered in Douglas and Rigside means Stacey has lost two stone in weight and lives an active, healthy lifestyle by walking, and doing regular evening home workouts when her children go to bed. During the weekends, Stacey enjoys taking her children and her mum out on walks into the local countryside.



Dementia Friendly

We support safe and welcoming walks and initiatives for people living with dementia, their families and carers. This includes a growing number of walks that are accredited as Dementia Friendly and also work in care homes creating more opportunities for movement and connection with nature.



£115,000

secured to renovate
2 dementia friendly
garden spaces
at Murray Royal
Hospital in Perth



Launch of the
Dementia Friendly area
at the National Path
Demonstration Site



New resources
developed for care
settings including
a falls prevention
information card and
the Walking with
Nature pack



Dementia-friendly
Strength and Balance
panels were installed
in the grounds
of Blairgowrie
Community Hospital
and Callander
Medical Practice



We commissioned
new research, which
was published by the
University of Stirling,
calling for a culture
change in care homes
to reduce sedentary
behaviour



2 Dementia Friendly
Health Walk
accreditations
awarded

Laura Bell of North Perth
Community Physiotherapy Team
Lead said the Strength and
Balance panels will provide real
benefits to patients being treated
in the 17-bedded unit. She said,

**“The whole team is pleased
with our new path and
outdoor movement stations.
We are extremely grateful
for the kind donations from
the Friends of Blairgowrie
Community Hospital and
Paths for All to support this
project. Research has shown
that exercising is one of the
best ways of preventing falls
for elderly people. This new
circuit will help to improve
the strength, balance,
confidence and stamina of
our patients as part of their
rehabilitation journey.”**



Success Story

The charity Pilgrim Care in St Andrews employs deliver person-centred community-based healthcare options, including Health Walks as part of their Parish Nursing Project.

Their project provides care in the community to complement NHS services and recognises that people's wellbeing requires more than prescriptions and operations. Parish Nursing also helps to address the changing

demographics of Scotland with more older adults living with long term health conditions, such as dementia.

The Botanic Gardens Health Walk group received their Dementia Friendly Walking status. One walker, Jim, shares how getting outside has really helped his overall wellbeing. He explained:

This Monday Health Walk for me has been a life saver. I spent two and a half years inside, either inside hospital or the four walls of my house, and I was going stir crazy. Someone suggested that I might like to join this walk. It is the best thing I have ever done.

I have a great day. I look forward to Monday. We have lunch together some of us down at the Hub. The Hub is a big asset.



Movement for Health

Movement for Health is a coalition of Scotland's leading health charities, national agencies and academic institutions. Members are united in their commitment to support the least active people living with long term health conditions to be more physically active.

We are proud to manage this coalition which aims to make it easier for people with a health condition to be more active.

Movement for Health has 4 strategic outcomes

Outcome 1:

People with long term conditions are more aware of the benefits of being physically active and are more aware of the opportunities to do so.

Outcome 2:

Ensuring physical activity, sport and leisure providers and their facilities are as inclusive as possible, safe, appropriate, welcoming and accessible for people experiencing long term conditions.

Outcome 3:

Health and social care professionals have the knowledge and confidence to promote physical activity and opportunities for people with long term conditions.

Outcome 4:

National and local policies support and facilitate people with long term conditions and their carers to become more physically active support change



Reviewed our brand identity



Expanded our digital reach with **850** Twitter followers



3 press releases achieved a media reach of **2,858,000**



charity members supported by **5** national organisations



Named as a delivery partner in Public Health Scotland's Systemic Approach to Physical Activity

**MOVEMENT
FOR HEALTH**

Success Story

Our November event Social Prescribing and Physical Activity: Could Scotland Become a Leader? brought together over 60 policymakers, practitioners, and academics to explore the role of social prescribing and physical activity in improving the health and wellbeing of people living with health conditions across Scotland.

Endorsed by Scotland's Chief Medical Officer, and with speakers including Health Minister Maree Todd, the event brought together decision makers, physical activity delivery partners, social prescribers and link workers, primary care, charity sector, academics, allied healthcare professionals and the Scottish Government.



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.

Step Count Challenge



12,812
took part in two nationwide Step Count Challenges



31
people completed the Workplace Walking online training course



bespoke challenges were hosted, involving **7010** participants



9 Walk at Work accreditations awarded, up from 3 the previous year



Success Story

The Scottish Legal Complaints Commission (SLCC), an Edinburgh-based employer, were awarded a Walk at Work Award accreditation last year.

The Walk at Work Award is a workplace accreditation scheme. Launched in 2018 the award helps employers to explore new travel

behaviours in the workplace benefitting workplace health, culture, productivity, environment and wellbeing.

Neil Burn, Human Resources Advisor at Scottish Legal Complaints Commissions, said:

“Many of our employees lead active lifestyles, however, during the pandemic it became more apparent to us that our staff’s wellbeing needed to be supported. Therefore, we started our active club, and this encouraged colleagues to remain active in ways they enjoyed. We promoted the benefits of walking, and the daily “fake commute” – walking round the block before and after their working day to change mindset between work and leisure. Due to extending our working day, this allowed staff to work their hours when it suited them, which supported them to exercise during the ‘working day.’”



Community Paths



Community Paths

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



Launched the revamped National Path Demonstration Site and Dementia Friendly area with Minister for Inequalities and Older People Christina McKelvie



18 Community Path Grants worth £25,000 awarded



119 community groups and professionals receiving advice and support



17 disadvantaged communities and groups supported



Development of an award scheme encouraging children, young people, and families to be more active outdoors



Walking with Nature

We continued our work to encourage people to care for the places where they walk, wheel and cycle. Our resources support people to connect with nature on their doorstep and gain benefits to health, wellbeing and the environment.



The 'nature connectedness placemaking toolkit' was trialed at the National Path Demonstration Site with a community group

10

Walking with Nature backpack kits allocated to Health Walk groups



New animation produced as part of the Walking with Nature campaign

Training

2

path grading system training sessions delivered

4

on-site training courses co-designed and delivered

9

online events delivered, including a new course on monitoring footfall on paths



192 volunteers and professionals attended training courses



Ian Findlay Path Fund

The Ian Findlay Path Fund was launched on 9 August, 2022, by Active Travel Minister Patrick Harvie. The £1.5million fund

The Ian Findlay Path Fund supports the improvement of local paths within and between communities, making it easier for people to choose active travel and public transport for everyday journeys.

This grant fund is supported by Transport Scotland. The aim is to encourage people to leave their cars at home for short journeys, which will in turn benefit air quality, reduce CO2 emissions and improve our physical health and mental wellbeing.

The fund is named in memory of our late Chief Officer, Ian Findlay CBE. Ian made a huge impact during his time at Paths for All and this fund recognises and continues his legacy.



Early site visits were held for every group who expressed interest, leading to several groups raising their level of ambition

£1,293,153
funding allocated



Motion lodged in the Scottish Parliament to announce and welcome the new fund

171

enquiries from groups across Scotland



Groups at every stage offered 'project specific' advice and support



Success Story

Northern Corridor Community Volunteers (NCCV) in North Lanarkshire were awarded more than £4000 in funding from Paths for All's Community Path Grant, with support from NatureScot to promote walking opportunities around the disused Strathkelvin Railway Path near Moodiesburn. The promoted routes benefit residents of eight local villages.

Paths for All provided financial support and training courses enabling restoration work on several local paths in the wider network that lead to the railway path, as well as the installation of vandal-proof signs which have been designed by the local Moodiesburn Youth Club.

Claire Williams, Volunteer and Funding Officer at NCCV based in Chryston, said:

“The work undertaken has played a major role in creating safe, accessible walking routes in the local area and we're grateful to Paths for All for continuing to support the project.

When we first started working on the path it was heavily littered and overgrown. We started with cleaning up bushes and boundaries, before moving onto installing clear signage to help people feel safer and more informed about the local area and its history.

Throughout the project we've looked to get as many community

members involved as possible – it's a route for everyone so we wanted to make that clear from the outset.

It's been brilliant to work with the Moodiesburn Youth Club to include a younger perception. We've had some really creative ideas come from this collaboration.



Active Travel



Active and Sustainable Travel

We want walking, wheeling and cycling to be the natural choices for short journeys and public transport to be the best option for longer journeys. 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. By encouraging people to take public transport, or use shared transport like car clubs for longer journeys, there is a knock-on effect of people walking more.

National Active Travel Conference

Alongside our partners, we held the first in-person Active Travel conference in three years in June. The event attracted 160 delegates, funding announcements from the Active Travel Minister Patrick Harvie and was well received on social media. activity and opportunities for people with long term conditions.

Smarter Choices, Smarter Places (SCSP) Learning Event

Our SCSP Learning Event brought together active travel professionals our network of funded projects to network, share best practice and learn from one another. Held in Glasgow in December. The theme was “Reducing Inequalities across Various Transport Modes”.

114

people attended

17

SCSP funded projects presented



The keynote was delivered by Minister for Active Travel, Patrick Harvie



All 3 Smarter Choices, Smarter Places funds were represented



Smarter Choices, Smarter Places

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

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

2022-23 was a fantastic year for the SCSP programme. With the continued support of Transport Scotland, we were able to double the level of funding provided to community groups and charities in our Open Fund. We were also able to continue to support all 32 local authorities with £5million Local Authority Fund, while simultaneously developing and supporting national, strategic projects through the £1.7 million Capability Fund.

119

community-based projects supported via the Open Fund

7

strategic projects

£

All 32 local authorities received funding



26 projects had walking elements combined with other modes of transport via the Open Fund

45

projects supported were entirely focused on increasing walking



Outcomes 2022/23

Smarter Choices, Smarter Places projects measured success against 6 key outcomes:

1

More people choose not to drive – **83,035** miles saved

2

More people choose to walk and cycle for short, local journeys – **107,812** people

3

More people use public transport for longer journeys – **162,451** people chose a sustainable option conducting **209,490** journeys which meant **488,413** fewer miles travelled by car

4

People develop more positive attitudes towards sustainable travel choices – **212,701** people engaged and **28,592** people trained. **791** organisations engaged and **5,843** events delivered. **6,891** people feel safer walking and cycling and **9,299** people referred to active travel options

5

People's knowledge about sustainable travel choices increases – **6,578,029** people reached with sustainable transport messages and **298,688** resources distributed. **2,184** routes promoted

6

There is an increased evidence base to support sustainable travel interventions – **412** reports/resources or studies delivered and **14,784** responses/engagements delivered.

Success Story

Smarter Choices, Smarter Places supports Climate Action Strathaven Eco-Hub which aims to support the community to live more sustainably and tackle the climate emergency. Our funding helps them to increase active and sustainable travel via their e-cargo bike project, e-bike hire and the Car Club.

A participant said:

“Knowing that there is the Strathaven Car Club, and how easy it was to register on the Karshare App, gave me the confidence to get rid of my car. And with the new eBike

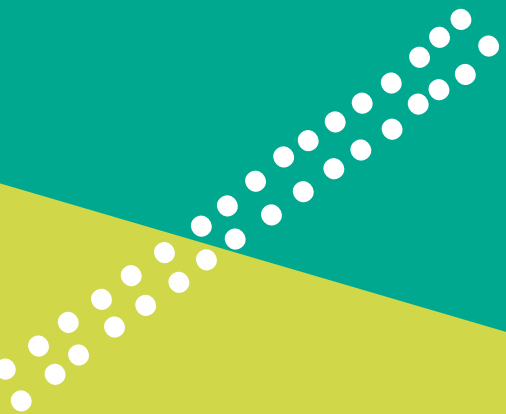
hire scheme, and the upcoming Strathaven to Glasgow bus link, now even if my partner goes away for work/fun/visiting friends and relatives without me, I know I should be able to get to wherever I need to go, be it Stonehouse, Hamilton, Glasgow or further afield.”

“The car club helps to ensure cars on our streets are being well utilised, and gives owners the opportunity

to make some money in the meantime. By reducing demand for second cars the car club also helps environmentally as schemes like this will ultimately lead to an overall reduction in demand for individual cars, thereby reducing the total energy and resource consumption associated with the automotive industry as a smaller number of vehicles are produced.”



Communications and Policy



Communications and Policy

We aim to change Scottish cultural norms, behaviours, and opinions on walking through our communications and campaign work. We champion inclusive and accessible opportunities to walk and wheel for all, focusing communications on those experiencing inequalities, and we promote walking as the best investment for Scotland.

Through our policy work, we provide key evidence and arguments to influence policy positively at a national level.

Communication channels

We use online and offline communication channels to ensure our walking, wheeling and active travel messages reach as many people as possible.

In 2022/23 we were delighted to host in-person events once again. Bringing people together to welcome guests to both our Volunteer Awards and Expert Lecture allowed us to influence and network with volunteers, partners, colleagues and stakeholders.



829,976
website views



34,202
social media
followers, an
increase of 10,539



793
items of coverage in
the press and online
news platforms



23 news stories and
28 success stories
published on our
website to share
our news, funds,
campaigns and
impact



109 email marketing
campaigns sent



4 new podcast
episodes produced

Communication Campaigns

Our communications campaigns inspire people to be more active through walking, wheeling and active travel. The variety of campaigns are designed to motivate and engaged networks and encourage messages to be shared. Our press and advertising work exposes our messages to new audiences to continually build awareness of walking.



Our #ILoveWalking campaign boosted the benefits of walking for everyone's health & wellbeing during May's National Walking Month



Ian Findlay Paths Fund Launch – the media launch of this new fund, achieved **118** pieces of press coverage



Our Strength and Balance at Home campaign videos were viewed over **3,200** times on social media



Festive social media campaign - Over Christmas and New Year, we created a mini social media campaign to reflect on our key moments from 2022



SCSP Open Fund – an online launch event and media activity throughout the year raised awareness of this vital fund



Romantic Walks - For Valentine's Day we produced a stunning content on some of Scotland's most romantic walks to inspire people to visit on foot



We opened nominations for the **2023 Scottish Walking Awards** with partners at Living Streets and Ramblers Scotland



Step Count Challenge campaigns helped to drive the momentum of this ever-popular event

Success Story

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Volunteer Awards

Our Volunteer Awards 2022 took place in September at the Scottish Parliament. The celebration was sponsored by Paul McLennan MSP with a keynote address and awards presented by Maree Todd Minister for Social Care, Mental Wellbeing and Sport.

11

award winners presented



The awards generated 10 video case studies, 11 website success stories and 9 regional news releases

9

parliamentary motions tabled to congratulate volunteers

154

volunteers and guests attended the celebration

19

MSPs attended the awards

Award winners felt valued and enjoyed the evening saying:

“The walk leaders are pleased as punch.”

“It was a fun night and lovely to see everyone together again.”

“Thanks for Wednesday night all our volunteers absolutely loved it.”



Policy

We continue to work to increase the profile of walking and to influence policy at both a local and a national level.

The policy team continually work to evidence and make the case for walking and wheeling in local and national policy.

69

policy consultation responses

43

national fora meetings attended

8

members of staff and our Chairman attended the Walk21 conference in Dublin

10

joint policy engagements



Attended Pan European Programme in Walking in Paris – ongoing process to develop a masterplan for walking

49

strategic groups attended and supported

13

blogs and articles produced to support policy change



Political awareness

Across the year we have seen an increase in political awareness through our public affairs work. During 2022-23, we have had:

13

Ministerial interactions

19

motions and a Walking Debate in Parliament

21

MSP interactions; one with the Chief Medical Officer

Ministerial visit to Water of Leith

We increased awareness of the importance of good quality community paths during a visit to the Water of Leith with the Minister for Green Skills, Circular Economy and Biodiversity. We secured coverage of the Minister's praise of the project, helping to highlight the impact of the work of path volunteers and the importance of spending time in nature



Success Story

The first walking-focused debate at the Scottish Parliament took place during National Walking Month in May. This provided a golden opportunity to highlight the importance of everyday walking, its place in our post-Covid society and our achievements in recent years.



Motions were lodged in the Scottish Parliament about the Step Count Challenge, Community Paths and SCSP.



Our news release focused on the debate on walking, the Household Survey Statistics and Nature Scot research analysis to increase awareness more widely.



STV News and BBC Radio Scotland featured interviews with Kevin Lafferty about National Walking Month and the walking debate in Scottish Parliament



This coverage had an estimated PR reach of almost one million people.

Kevin Lafferty, Chief Executive Officer of Paths for All said:

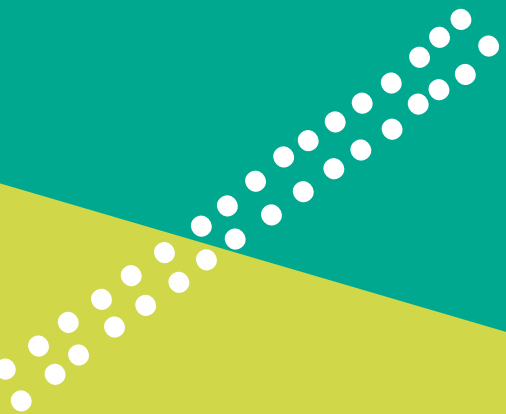
“This is a milestone moment for the country.

“It’s encouraging to see walking high on the agenda for politicians and with this type of political recognition, great progress can be made.

“Walking can impact and influence so many aspects of Scottish life. The environment, economy and health of the nation can continue to improve by proactively encouraging walking.

“As we tackle a cost-of-living crisis and continue to see the pressure ramp up on our NHS; promotion of walking is a preventative approach which can reduce instance of disease and health problems of the population, in turn decreasing demand on our health services.”

Working in Partnership



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 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 modes of travel for short, everyday journeys.

Engagement with partner research projects and innovation work included engagement with Scottish Association for Mental Health and the University of Edinburgh research project on Menopause and physical activity.

Our leadership of the Movement for Health coalition is a key partnership project. The coalition partners work together to raise the profile of the benefits of physical activity for the health of our nation, with a focus on reducing health inequalities for people with long term conditions.



Our Partners



Our Funders





FOR A HAPPIER,
HEALTHIER SCOTLAND

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