

Walking for Health



East of England Regional Notices – April 2010

This update is designed for everyone involved in Walking for Health in the East of England to provide a quick summary of activity across the whole region. This issue has information on:

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CONTACT US

We welcome your feedback about this email on what you found useful and any further information you would like. Please send any comments to charlotte.burton@naturalengland.org.uk. Thank you.

1. Volunteer Celebration Event coming in Autumn 2010

We are delighted to announce that we will be holding a celebration event for your Walking for Health volunteer walk leaders in Autumn 2010. The event will be a fantastic opportunity for volunteers from across the region to come together and feel rewarded for their valuable contribution to your scheme.

The event is provisionally planned for **Wednesday 15th September** at **Ickworth House and Gardens**, a National Trust property in Suffolk. We are planning a whole day of activities, including inspiring speakers, volunteer's participation activities and a walk in lovely surroundings. Each scheme will be able to invite their most active and dedicated volunteers to the event.

Details of the event will be confirmed in due course, so watch this space!

2. Volunteer Walk Leader training

Upcoming regional Volunteer Walk Leader training events:

Tuesday 13th April, Bedfordshire

Thursday 15th April, Cambridge

Thursday 22nd April, Norfolk

Thursday 29th April, Essex

If you have volunteers who want to sign up for one of the above training events, please contact the Lead Adviser in your area (see contact details below) who will see whether it is possible for your volunteers to join this session.

If your volunteers are unable to make it to any of these training sessions, please contact the Lead Adviser in your area and we will try to offer an alternative training session for you.

3. WfH database training

The WfH database is available for all scheme co-ordinators to use to help to measure who is benefitting from your scheme. It can provide information to answer the following:

- Who is walking regularly, according to their age, gender, ethnicity, medical conditions or disability?
- Which are the most popular walks?
- Are you reaching your local targets, in terms of ethnic groups or areas of deprivation?

If your scheme is not already using the WfH database and you would like to take advantage of the free facility, please contact Charlotte Burton to arrange for some training.

If you are already using the database but would like more support to make the most of what the database offers, we are here to provide ongoing training, just contact Charlotte Burton.

Whether your scheme has been using the database for a long time or is just starting to use the database, for a limited time, we are able to help you with any backlog of OHQ's or walk registers. Please contact us as soon as possible and we can arrange for these to be put onto the database for you.

4. Cascade training

As you may know, Natural England has recently been reviewing the cascade training it is able to offer. Cascade training enables you to train volunteer walk leaders in-house. From May 2010, a new training contract will be in place which will offer training at a regional level.

If you are interested in being a cascade trainer or know somebody who is interested then please contact the Lead Adviser in your region (contact details below). You will have to complete an application form which can be downloaded from [Learning Network](#).

5. Keep the Walk Finder up to date

The Walk Finder is an excellent opportunity for your scheme to advertise your walks programme for free, as well as being a brilliant way for new walkers to find their nearest scheme.

In 2009, Walk Finder for the East of England received over 26,000 views. It is therefore important that scheme information is updated regularly.

Schemes using the Walk Finder should make sure that their page is kept up to date with the current walks programme for the next quarter and coordinator's contacts details. If you need help, please see

the guidance on the [Learning Network](#) or contact Charlotte Burton who will be able happy to offer support. Click [here](#) to go to the Walk Finder now.

6. Funding opportunities – GRANT Finder

We now have access to a facility to search for funding opportunities available to your scheme. The GRANT Finder website is the UK's leading grants database and includes details in excess of 6,000 funding opportunities.

If you have any specific funding requirements, please contact Charlotte Burton who will search the database to see if anything is available for you.

Current funding opportunities-

Health and Social Care Volunteering Fund

The new Health and Social Care Volunteering Fund provides a combination of grant funding and support to third-sector organisations working with volunteers in the health and social care field within England. The maximum grant amount is up to £35,000, which should taper off over three years. The next round of applications opens 19 April 2010 and closes 12 July 2010. For more information, please see their website: www.volunteeringfund.com.

Heart Research UK – Healthy Hearts Grants

Healthy Heart Grants support innovative projects designed to promote heart health and to prevent or reduce the risks of heart disease in specific groups or communities across the UK. Community groups and voluntary organisations are eligible to apply for grants of up to £10,000. Applications are accepted in July and August for the November grants round. For more information, see their website: <http://www.heartresearch.org.uk>.

People's Millions

Funding for projects that make local communities throughout the UK better places to live, including buildings, amenities, public and green spaces, and the natural environment, and projects that help people use and enjoy their local environments. Voluntary and community groups, local authorities, schools, health bodies and social enterprises are eligible to apply for grants of £20,000 to £50,000. The deadline for 2010 entries is 14 May 2010. Please see their website for more information: www.peoplesmillions.org.uk.

People's Postcode Trust

The People's Postcode Trust aims to make Scotland and England a better place for both people and nature, and acts within the following six fields of operation: poverty prevention; advancement of health; community development; public sports; human rights; and environmental protection. Small organisations, community groups and charities can apply for grants ranging from £500 - £10,000. The deadline for the next round of applications is 23 April 2010. <http://www.postcodetrust.org.uk>

Tesco Charity Trust – Community Award Scheme

Support is available to local community projects related to elderly people and people with disabilities. Grants of £500 - £4,000 are available to non-profit making bodies such as Community Groups, charities or Local Authority Departments which will not profit from a successful application. Organisations must be based in areas where Tesco has stores. For more information, please see their website: www.tescopl.com. The next deadline for applications is 30 September.

7. Please tell us your walkers' stories

WfH in the East of England would like to collect case stories from walkers across schemes in the region. Not only are they a great way to share stories with other like-minded walkers, but they are the best way to

show others how WfH schemes can change lives.

This quarter, we would especially like to hear of walkers with medical conditions who's condition has improved due to regular walking. Have any of your walkers recently suffered a stroke, recovered from cancer, been diagnosed with diabetes or are at risk of heart disease? If they would like to share their stories about how their condition has been improved through regular walking then please contact Charlotte Burton who will send you a brief story-template to complete.

8. WfH photographs on Flickr

WfH has developed an online library with photographs taken at Walking for Health schemes across the country, including in the East of England. These photographs are available now on the website Flickr and are free for you to download and use to promote health walks (please credit "© Natural England / Walking for Health / Paul Glendell" for any photos you use). You can also add your own photos, and take part in discussions on the website. For more information and to take a look, please click [here](#).

9. Your news

This section of the newsletter is for you to share news on your successes with other schemes in the region. We would like to invite all schemes to send us news items for this section to be featured in the next newsletter in July. Please email your stories to charlotte.burton@naturalengland.org.uk together with confirmation that you are happy for Natural England to use this in their communications and publicity material.

Walking for a healthy heart in Great Yarmouth

Jerry Walker, a retired teacher and enthusiastic walker from Great Yarmouth, has been telling his story to Natural England. Prior to his retirement, Jerry had considered himself 'active' as he played league table-tennis and volunteered for the Broads Authority. But Jerry also lacked a healthy diet and had a 20-a-day smoking habit. In 2008, Jerry suffered a heart attack. Although his physical recovery was quick, after being discharged from hospital, Jerry felt very depressed and lacked any confidence to exert himself physically for fear of a reoccurrence. He attended Cardiac Rehabilitation sessions run by the local PCT which included a carefully controlled and monitored exercise programme. While attending these sessions, Jerry learnt of the 'Fit Together' Walking for Health scheme in Great Yarmouth and decided to turn up and give it a go.

Jerry has covered in excess of 200 miles while walking with the group and now says: "Since my first tentative walk in May 2008, I have not looked back. Now a non-smoker, I regularly attend three of the organised weekly walking sessions". He is now able to maintain a good pace without becoming breathless. Thanks to the Walking for Health scheme, Jerry is now more physically fit and says "I am in no doubt that I owe so much to the walking scheme".

Fit Together North Norfolk - Volunteer of the Year 2009

Paul Ebsworth has been named Fit Together North Norfolk Volunteer of the Year for 2009. Paul lives in Cromer, Norfolk, with his wife, Sue, and greyhound, Faith. Originally from Essex, Paul became a volunteer walk leader with the Norfolk scheme in May 2008. Paul leads 2 - 3 walks a week and, as he was a first aid trainer for the Essex fire service, he also helps leaders practice first aid once they have taken their Emergency First Aid certificate. Melanie Brown, coordinator of the Fit Together North Norfolk project, said that "Paul is the absolute salt of the earth and would do anything for anybody. He believes in helping others and is totally selfless when it comes to his volunteering with the scheme. We are so lucky to have him." Congratulations to Paul!

10. National news

National Volunteers' Week in June 2010

Volunteers' Week is a national celebration of volunteers and volunteering which takes place from 1 – 7 June of each year. During Volunteers' Week, events take place across the country to increase awareness of the UK's volunteers and to publicly thank volunteers for their contribution to local groups and the wider community. Individuals are also encouraged to use the Week to find out more about volunteering. Everyone is invited to join this national celebration of volunteering, it's up to you to decide exactly how you join in. Your scheme may like to run an activity or event to coincide with national Volunteers' Week. For more information, see the Volunteers' Week website at www.volunteersweek.org.uk.

WfH in national top 10 volunteering opportunities

TimeBank, a national charity which promotes volunteering across the UK, has listed the Walking for Health scheme in its top 10 volunteering opportunities for 2009. For the full story, see here: www.timebank.org.uk/newsletters/index.php?year=2010&month=01

Natural England have teamed up with the LGiU to investigate the value of walking to health prevention

In 2009 the Local Government Information Unit (LGiU) was commissioned to explore the opportunities and barriers to getting more people walking. This report brings together evidence and recommendations to encourage investment in walking programmes. The inquiry concluded that walking is the easiest, most accessible, cost effective, and enjoyable way for most people to increase their physical activity. To view the full report see here:

<http://www.whi.org.uk/details.asp?back=true&key=2335|0|3518495058248|R|849|2449575122006420694731&parentkey=2335|0|3518495058248|p|849|0/>

Active Travel Strategy from the Departments of Health and Transport

An Active Travel Strategy has just been published by the Departments of Health and Transport. Walking, along with cycling, is at the heart of this strategy. There are many references to Walking for Health in the strategy and a case story of workplace health walks in the North East. To view the full report see here:

www.wfh.naturalengland.org.uk/details.asp?back=true&key=AX909|0|12186714065|R|18|327414332010408029829&parentkey=AX909|0|12186714065|p|18|0

QUICK LINKS

To go straight to information from the national Walking for Health team please click on the following links:

Walking for Health website: www.wfh.naturalengland.org.uk

WfH Learning Network: whi.net.countryside.gov.uk/index.html

Sign up for the national WfH email newsletters:

www.wfh.naturalengland.org.uk/details.asp?key=2335|0|41210425425727|p|1042|0

Find WfH on Facebook here: en-gb.facebook.com/pages/Walking-the-way-to-Health-WHI/46725332392

Follow WfH on Twitter here: twitter.com/healthywalks

Find WfH photographs on Flickr here: www.flickr.com/groups/walking_for_health/

View WfH media on YouTube here: www.youtube.com/walkingforhealth

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