

TALK THE WALK


3RD MAY 2017 LES COTILS



PHYSICAL ACTIVITY

- Physical inactivity can shorten your life
- Physical inactivity is expensive
- Physical activity saves lives
- Physical activity is good for our minds

WALKING

- Walking is the answer to getting people more active
 - Walking is cost effective
 - Walking for Health is a proven way to get people walking, happy and healthy
 - Walking is key to getting Guernsey moving
- 

WALKING IS ACCESSIBLE AND ALREADY WELL-LIKED

- Walking is the most accessible physical activity, and already the most popular. It also has the greatest potential to grow, particularly among people disproportionately affected by low physical activity levels and poor health
- **Walking has multiple benefits to society**
- Increased walking is associated with **increased social interaction, reduced crime and fear of crime, increased perceptions of safety**, and the **development of social capital** – the network of interactions between individuals and their communities

WALKING BENEFITS

- **Walking is free**, requires no special equipment, training or gym and club memberships
- Walking is a moderate, **low-impact activity**, unlikely to cause injury
- You can walk **almost anywhere and at any time**
- You can **start slowly** and easily and **build up gradually**, ideal if you are very unfit, have a long-term condition or are on a rehabilitation programme. For some people it is a ‘gateway’ to more vigorous activities



WALKING BENEFITS

- You can **wear everyday clothing**, reducing embarrassment for unfit or overweight people
- It is a multipurpose activity that **facilitates social interaction** or getting from A to B
- Only 4% of people either need help when walking outside the home or are unable to walk on their own at all



WALKING IS COST EFFECTIVE

- A study commissioned by Natural England concluded that every £1 spent on a health walk scheme saved the local NHS £7. The Walk Glasgow health walks scheme, run along similar lines to Walking for Health, was found to deliver between £7 and £9 in health, social and environmental benefits for every £1 invested
- Schemes to provide improved local walking and cycling routes typically have benefit-to-cost ratios of 20 to 1, considerably higher than rail and road schemes, which typically have a ratio of 3 to 1. HEAT is now included in the Department for Transport's WebTAG model for calculating the economic benefits of walking and cycling routes

GUERNSEY IS GOOD AT WALKING





Annual Sally Davies Cliff Walk 6th May 2017

Take a walk along the cliffs from the Bathing Pools, St Peter Port to the Cafe at Portlet.

Raising funds for the above Charities

Check in at Barr and finish when you get there!

For registration: -

Visit  Sally Davies Cliff Walk

Email sallydavieswalk@gmail.com

Phone: 00358 07911736600 (Landline and mobiles only please)

WORLD AID WALK

ONE STEP CLOSER TO IMPROVING LIVES



Les Bourgs
HOSPICE



WALK 30 in 30 DAYS



20th



SAFFERY ROTARY WALK

THE ISLAND WALK

**Walking is the world's oldest
exercise and today's modern medicine.**

**Walking is a man's
best medicine.**

- Hippocrates

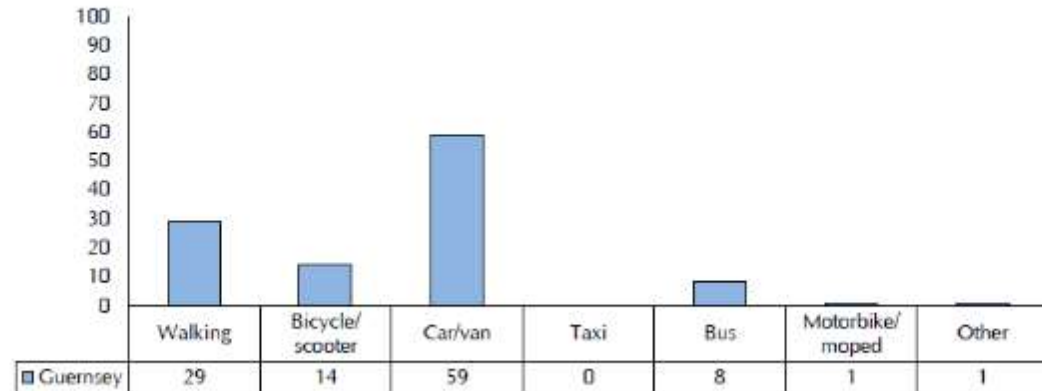


**15 Minutes of
Walking a Day
Can Change
Your Body**

PRIMARY

Travel to school

Q7. How did you travel to school today?

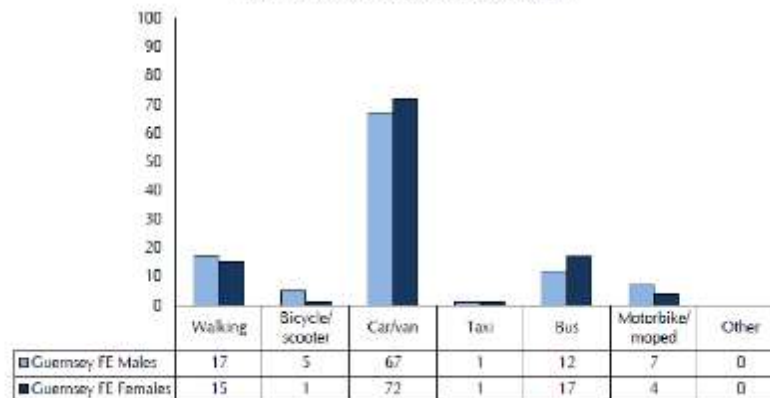


POST 16

Travel

16% of students responded that they walked to school/college on the day of the survey, while 69% said they travelled by car/van.

Q11. How did you travel to school/college today?





Walking for Health

Yvonne Le Page, Health Promotion Manager



Supporting you to
get active and stay active



WfH now England's largest network of health walk schemes



400 local schemes
1000's of walks a week
Over 9,000 volunteers



Supporting you to
get active and stay active



Background

- 1995 - William Bird – Oxfordshire GP started running health walks from his surgery
- 2000 - Walking for Health launched by Countryside Agency
- Run by diverse organisations – councils, NHS, charities, voluntary groups
- Organised now by the Ramblers and Macmillan Cancer Support





Vision:

Everyone will have access to a short, free and friendly health walk within easy reach of where they live, to help them become and stay active





What is a health walk?



Supporting you to
get active and stay active



A health walk is:

- Organised
- Free
- Led by volunteers
- Sociable walk as part of a group
- Open to all
- Especially for those who haven't been physically active recently
- Not cross country hikes
- Not competitive or timed
- Accessible and attractive to inactive people
- Local
- Short and easy





The local Scheme

- Started in Guernsey in 2001
- Alderney in 2015
- Walks every day except Saturdays
- 32 leaders in Guernsey, 4 in Alderney
- All volunteers
- Admin through the Health Promotion Unit





Walks – all 30 minutes (45 mins on Sundays)

MONDAYS

Saumarez Park 10.30am

MONDAYS

Beau Sejour 1.45pm

TUESDAYS

Imperial Hotel 2.00pm

WEDNESDAYS

Saumarez Park 10.30am

THURSDAYS

Houmet Tavern 10.30am

FRIDAYS

Chouet carpark 10.30am

SUNDAYS

**Different venue each week
4.00pm (2.30pm in winter)**

SUNDAYS

Braye Beach, Alderney 2.45pm



Supporting you to
get active and stay active



Social aspect



- Walkers invited to stay for a cup of tea after the walk
- Leaders ensure all are made welcome
- Friendships develop
- Celebrations
- Twice yearly lunches



Supporting you to
get active and stay active



General Data

January to December 2016

Registered walkers:
188

Walk Hours: 2364

New Walkers : 52

Registered walkers
per quarter av 140

Attendances per
quarter av 1200



Supporting you to
get active and stay active



Accreditation achieved 2015

- Free and easily accessible by walking or public transport
- **Over easy terrain and requires no special equipment**
- Encourage walking at a pace that makes walkers feel warmer, breathe harder and their heart beat faster whilst still being able to talk to others around them
- **Be a minimum of 10-30 minutes and no longer than 90 minutes**
- **Must be led by Walking for Health trained walk leaders**





Support from UK



Advice and Guidance



Training



Database



Publicity materials & resources



Civil Liability insurance





Supporting you to get active and stay active



Walking with a health condition?
We can support you. [Find out more >>](#)

Find a local health walk scheme today...

Walking for Health offers over 1,800 free, short walks every week. Find your nearest health walk scheme using the search below.

Search within

of



Walk About with The Ramblers

Start logging walks, earning badges and racing your friends to the top of the leaderboard today!

[Find out more about Walk About >>](#)



Walking with a health condition

If you have problems with your health, or if you've had them in the past, it can be hard to stay active.

[Find out more about walking with a health condition](#)



Walking and cancer

Whether you're being treated or recovering from cancer - come and walk with us.

[Find out more about how walking can help you >>](#)



After Walking for Health



Supporting you to get active and stay active

| U3A May Walking Programme 2017 | | | |
|---|--|---|---|
| Ramble /Amble | Leader/Phone | Date/Time | Meeting Place |
| Forest Ramble | Simon Coombe 257582 | Friday 5 th May 2.00pm | Occupation Museum Car Park P28 D3 |
| Pleinmont Ramble | Liz Closs 258223 | Monday 8 th May 2.00pm | Large Car Park top of Pleinmont. Coffee at Portelet Kiosk after walk P32 C4 |
| West Coast amble. Green lanes and lanes | Edna Martel 244903 | Tuesday 16 th May 10.00am | Car Park on the coast below Le Guet P8 A4 |
| Ramble through the Pine Forest to Bec du Nez. Cliffs and lanes. 1.5hrs | Charles Heyworth 727566 07781406645 | Thursday 18 th May 10.00am | Jerbourg Point Car Park P31 G4 Coffee at Kiosk |
| Amble through lanes and green lanes. | Bella Mahy 248225 | Tuesday 23 rd May 10.00am | Saumarez Park back Car Park P15 G1 |
| Ramble on cliffs and country roads. 1.5hrs | Sheena Melrose 258757 | Wednesday 24 th May 10.00am | Petit Bot Tower P29 4F |

Advance Notice: There will be a trip to Herm on Tuesday June 20th. Please make a note in your diaries.



walk
for h



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Club Bons Amis

@Lesbonsamis

Guernsey CLUB BONIS AMIS is for people aged 50 & over. CLUB BONIS AMIS will endeavour to promote all positive benefits of leading healthy, socially active lives.

📍 Guernsey

📅 Joined May 2014

Tweets Tweets & replies Media



Club Bons Amis @Lesbonsamis · Apr 29

Lanes walk tomorrow, Monday 1st May, 10am, meet at Saumarez Park, Home Farm(rear), 🚗 park, Perry's P15 G1. Potential new members welcome.

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Club Bons Amis @Lesbonsamis · Apr 29

Cliff path walk tomorrow, 10am, Monday 1st May, meet at Doyle Monument, Jerbourg. Potential new members welcome to join in the walk.

❤️ CBA

👤 🔄 ❤️



Club Bons Amis @Lesbonsamis · Apr 22

Cliff/Lanes walking groups co-incidently meet at the same venue tomorrow, Monday 24th April, The Venue, St Martin's, 10am, Perry's P25 F5.

👤 🔄 ❤️

WE ARE
MACMILLAN.
CANCER SUPPORT

Supporting
get active and stay active





best foot forward



Supporting you to
get active and stay active





