

Walking for Health in Devon

February 2016

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'Walking for Health in Devon' is the name of the network of Health Walk Schemes across Devon that are supported by the local organisations and led by Active Devon.

Together, our aim is to grow the number of people walking and volunteering with a local health walk scheme, in targeted ways, to significantly improve the health and wellbeing of people in Devon.

Welcome to our second newsletter. We've made it through the winter and the days are finally becoming brighter. New walks are starting to be developed now we're into the new year and there are lots of exciting projects ahead!

Active Devon Champions Network

Join Active Devon's Champion Network to keep up to date with local training courses, workshops and opportunities to volunteer near you. Registration is free and simple; just follow the link and complete the form: www.active Devon.org/champions

Walking for Health in Devon Lunch & Learn Series

Our first Lunch & Learn session is being held in Exeter and is an informal session around disability awareness, looking at how we can make our walks more inclusive to those with disabilities. There are still a couple of places available for this session which is taking place on March 10th. If you would like more information or are interested in booking email rebecca.russell@devon.gov.uk or call on 01392 925150. There will be more Lunch & Learn sessions throughout the year, covering different topics and will be located at different venues across Devon.



Dementia Friends Lunch & Learn

An opportunity for volunteer walk leaders to become 'Dementia Friends'. Dementia friends attend a one hour session by a local volunteer Dementia Champion—a volunteer who encourages others to make a positive difference to people living with dementia in their community. The session helps those who attend to improve knowledge and practical understanding of dementia. If you and your walk group would be interested in becoming dementia friends we can set up a dementia friends session to support you to do this. We can also help you to link with local memory cafes. Please contact rebecca.russell@devon.gov.uk for more information.



New Walk Development



Pic: South Brent Walk & Talk

Teignbridge Walk this Way has a new walk starting in Buckfastleigh launching on March 2nd. The walks will happen every fortnight around Buckfastleigh, sometimes car sharing to nearby locations. The walks are part of Dartmoor's Naturally Healthy project, which offers a variety of activities encouraging people to become healthier and happier through using Dartmoor's great outdoor space.

South Brent Walk & Talk are working on the development of a new grade 1 walk. This walk will be great for those who are unable to walk as far as the current Friday walk, which can be quite adventurous! Four new eager volunteer walk leaders have been trained up to help support the new walk, which is being developed closely with South Brent District Caring.

Network Development

We have been making links with hospitals and GP surgeries across Devon to help promote our walk schemes. You may see the Walking for Health in Devon film in waiting rooms and hopefully leaflets for the local scheme. If you haven't already seen the film, you can watch it [here](#). Creating relationships with health professionals is always at the top of our radar and we make sure Walking for Health in Devon has a presence at many public and professional health events.

Moving at scale: If you are in your local surgery and want to see the film up, we can send you a copy!

Database Tutorials

The national team have been busy creating some videos tutorials to help those who use the Walking for Health database. The videos are available on YouTube and can be accessed via visiting the national website or clicking on the picture to the right. The videos cover a variety of topics and will help you input the walker data.



Pic: Database tutorials on YouTube

Walking in the News: January 2016

People over the age of 50 who walk for at least 150 minutes per week have better mental health, new Irish research has shown. According to data from the Irish Longitudinal Study on Ageing (TILDA) - an ongoing study of people in Ireland over the age of 50 - being physically active, even just walking, for 150 minutes per week is linked with more social participation, better mental health and better overall wellbeing.

"Walking is a simple and accessible activity for most people and walking just 150 minutes a week is sufficient to achieve improved mental health and better quality of life," explained TILDA project manager, Dr Orla Donoghue.



Routes & Risk Assessments

We are currently working on uploading routes and risk assessments online via the Ramblers website, which can be viewed, downloaded and printed by yourselves. The aim is to help you share routes & risk assessments with your neighbouring schemes. The process is starting in South Hams and if successful will be rolled out across Devon. Please let us know your thoughts to help us do this for you.

If you have any comments or would like to submit something for our next newsletter email rebecca.russell@devon.gov.uk. To keep up to date with news and information from the national team visit the website below.