

## **Event Report: Walking For Health (WFH) Consultation Event**

**Agricultural Centre, Bakewell.**  
**February 11<sup>th</sup> 2010**

### **Aim**

To establish a clear picture of Walking for Health (WFH) and other walking opportunities across Derbyshire.

To consult about:

1. a potential practice model for WFH both at a county and a local level
2. WFH elements such as accreditation, monitoring and evaluation, to consider the place of WFH within the Active Derbyshire 2009/13 Plan, how WFH can support the action plan and potential links to other local physical activity opportunities and events across the county.

### **Attendance**

44 delegates representing a wide range of organisations and walking groups. (Appendix 1: Delegate List)

### **Agenda**

Delegates were welcomed by Mary Hague, Senior Public Health Strategy Manager, NHS Derbyshire County. The aim of the day was outlined, with an emphasis on inviting delegates to

- Help establish a baseline of WFH and other walking activity in Derbyshire
- Consider the future of WFH in the county eg. a suggested practice model and improved links to Natural England and Active Derbyshire

An overview of Walking For Health (WFH) was delivered by Natural England.

An overview of Active Derbyshire was given by Angela Carter, Derbyshire Sport.

An overview of a current model of WFH practice in South Derbyshire district was given by the Get Active in the Forest Partnership (GAIF) and South Derbyshire District Council.

All Presentations are available online with this report ([www.activederbyshire.co.uk](http://www.activederbyshire.co.uk))

### **Workshop Consultation Feedback**

Delegates worked through 2 workshops:

**Workshop 1:** Mapping out WFH and other walking opportunities across Derbyshire.

Delegates worked in geographical areas, supported by representatives from county-wide organisations:

- Amber Valley and Erewash
- High Peak
- Derbyshire Dales
- Chesterfield and North East Derbyshire
- Bolsover

Maps were used to indicate the location of WFH and other walking opportunities. (Mapping – Appendix 2)

**Workshop 2:** Consulting on a way forward for WFH – considering the example practice model (South Derbyshire Get Active in the Forest project) and other elements of WFH to support WFH in the county.

### **Consultation summary and key points:**

- Supported the proposal of paid co-ordinator support at district level to deliver focussed support locally:
  - Recruitment of volunteers
  - Promote and support volunteer training
  - Offer ongoing support as necessary to the volunteer walk leaders in the district
  - Co-ordinate walks for health development to ensure accessibility across a district
  - Linking across significant partner agencies in the district
  - Linking WFH to “moving on” walks and to other local physical activity and sport opportunities
  - Linking WFH to events eg. Walking Festivals, Race for Life
- Supported the proposed structure of a county network which would offer support and networking opportunities to walking for health activities at district level

- One reservation from one group queried whether a county meeting would be useful because it was felt full prioritisation should focus on district level
- Raised issue of reflecting on marketing and promotion of WFH and importance of communication at district level
- Stressed importance of ensuring WFH met people's needs eg. people with long term conditions
- Suggested idea of "grading" walks to help people identify for themselves where to begin
- Mixed support for some proposed elements for WFH:
  - Accreditation of Derbyshire WFH with Natural England in liaison with volunteers. Some groups questioned the benefit of this; some groups recognised the benefit as offering WFH in Derbyshire a "quality assurance" status and this should engage partners eg. NHS Primary care to promote the programme to patients
  - Felt collation of data is important to monitor progress – some felt this should be done through the national tool (Natural England); some delegates felt this should be collated through a local mechanism – however this would be resource intensive and would duplicate the current national tool.

For further detail – Appendix 3: Workshop 2 Flipchart notes.

### **Final comments**

The event closed with final comments:

- Event Report will be available for delegates on [www.activederbyshire.co.uk](http://www.activederbyshire.co.uk)
- A county executive group will meet in April to analyse the ideas from today and devise the way forward in agreement with today's consultation
- A County Network meeting will be arranged in May

**Thank you to organisers of the event: Natural England, Derbyshire Sport, NHS Derbyshire County.**

**Thank you to delegates for their time, comments and considerations.**

**35 Delegates completed an event evaluation form, the results are as follows:**

Questions	% rating 4 and 5/ good/ excellent	Additional Comments
Satisfaction with pre-booking information	83%	Format worked very well.
Satisfaction with venue	94%	Well organised worthwhile looking at existing provision and useful to discuss options for the future.
Satisfaction with catering	83%	How do you run local groups without a paid co-ordinator ?. Existing schemes that work well appear to be criticised for not being able to adopt to the walking for health model.
Achievement of event aim?	83%	perhaps too many isolated groups which made too big a group; need to use less abbreviations and terminology without explaining first.
Presentations: Natural England/ Derbyshire Sport	83%	Good idea to have this meeting as it is very clear that at the moment there are different districts working in different ways- the various organisation need to work together ie Active Derbyshire to work closely with Natural England and PCT . We need funding to be able to fund a co-ordinator locally-district level, it would be impossible for one person to cover all of Derbyshire.
Presentation of practice model: Get active in the Forest	86%	very good introduction to a subject , I knew little about !
Format of the event	86%	good to find out what is happening in your area. What good practice is going on in Derbyshire. I would encourage the proposal model of an exec group. However it is very apparent that Derby City is not included in this model and we need to consider how this would happen and in what capacity. Very useful day. Hope some action and funding follows the talking. excellent event. Lots of sharing knowledge and ideas. Good chance to meet others involved in WFH. Really good event-excellent turn out- encouraging to see there is so much commitment to walking in the county. A little more time for 1st activity would have been useful. Powerpoints a little long. Excellent to see what else is happening across Derbyshire. Good insight into S.Derbyshire initiative. As long as we can follow up with the good work that has started today, I feel we could do some very good work.

