

Trafford - Walk for Health



Walking for Health in numbers

400 schemes across England deliver
1,800 weekly walks which are enjoyed by
24,000 participants each week
and supported by **8,000** volunteers
93.9% of local authorities are covered





Walk invitations

- 10,000 patients
- Attempted 7,500 texts
- 4,500 text invites sent
- Lots of 'sorry I'm working' and positive responses
- A handful of negative responses



Dear Mary Smith, Boundary House Walking group starting Tuesday 31/1/17 at 1.30pm. Short 2km circuit taking 20 minutes. Please meet in waiting room for a quick chat first. Let's get fit together. Regards, Boundary House

Sounds great!

Walk numbers and demographics

- **Week 1** - 74 walkers
- **Week 2** - 47 brisk pace, 12 slow pace
- **Week 3** - 45 brisk pace, 5 slow pace
- **27-91** years
- **98%** walkers are 50 and older

Trafford - Walk for Health

- Local discussions with CCG, PH and local sports club
- small grant from TfGM
- I visited local practices
- Recruited interested volunteer walk leaders through local Facebook groups
- Scheme coordinator trained as a cascade trainer
- Supported second practice start its group.

Trafford - Walk for Health

- Started with 2 weekly walks in Jan 2017
- 9 new walks – 11 weekly walks in total
- Linked with 13 of the 32 GP surgeries in Trafford
- 44 trained active walk leader volunteers

Trafford - Walk for Health

- Social base
- Start point
- Supported our local carers service 'wellbeing week'

		🕒 13:30		🕒 10:00		
6	7	8	9	10	11	12
<p>A) Monday - meet 10.15am: John Leigh Park Walking Group 🕒 10:30</p> <p>A) Monday - meet 10am: Urmston Meadows Walking Group 🕒 10:30</p>	<p>B) Tuesday - meet 10am: West Timperley Walking Group 🕒 10:15</p> <p>B) Tuesday - meet 1.30pm: Boundary House Walking Group 🕒 13:30</p>	<p>C) Wednesday - meet 9.45am: Partington Methodist Church Hall 🕒 10:00</p> <p>C) Wednesday - meet 10.20am: Woodheys Walking Group 🕒 10:30</p> <p>C) Wednesday meet 1.20pm: Conway Road Walk, Sale 🕒 13:30</p>	<p>D) Thursday - meet 10.15am: Walton Park Walking Group 🕒 10:30</p>	<p>E) Friday - meet 9.45am: St Matthews Church Hall Stretford ***NEW*** Starts 5th April 🕒 10:00</p> <p>E) Friday - meet 9.45am: Manor Court, Sale 🕒 10:00</p> <p>E) Friday - meet 9.45am: Sale Sports Club ***COMING SOON*** 🕒 10:00</p>		
13	14	15	16	17	18	19

In summery

- The link between Walking for Health, GP surgeries and the community in Trafford has been very successful.
- Social element important and popular.
- Exisiting groups could link in with surgeries/ patient participation groups. Discuss formally with CCG or individual practices.
- New walks ideally should link in with local surgeries


“A great idea. Motivates the people difficult to motivate. Enjoyable chatting to new people. Other doctors’ patients are jealous!”

“I have found it very beneficial and giving me more confidence. I look forward to the walks.”

“Great! As a retiree I could do this on my own everyday - but I don’t! It’s a great motivator.”



Trafford - Walk for Health

 **Scheme Details**

 **Scheme Dates**

About Us

Walk for Health - Trafford is an organisation run by local volunteers, in partnership with Walking for Health, Trafford CCG, Public Health Trafford and Sale Sports Club. Our walks are promoted by local surgeries, but anyone can join in: you don't have to have a specific health problem and it doesn't matter what size, shape or age you are!

Our wellbeing walks range from 45 - 90 mins and are suitable both for those wishing to start walking, or those wanting to improve their fitness, meet new people and discover open spaces in their local area. All walks are led by a trained Walk Leader, who will discuss any individual needs at the start of the walk, and plan support as necessary.

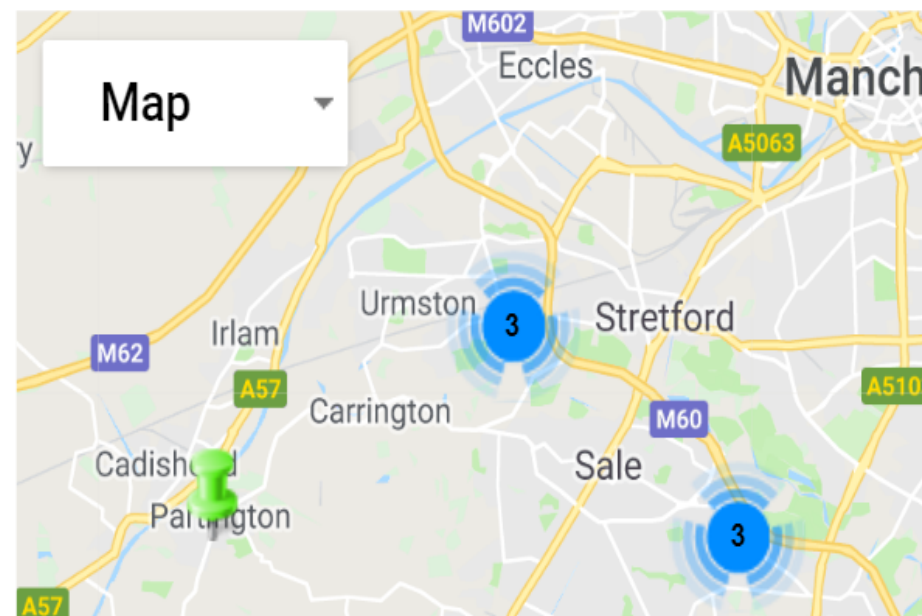
Walking is a great way of getting the recommended 30 mins moderate exercise a day, 5 days a week – without needing any special skills or having to buy expensive kit. The walks shown here are **FREE** and do not require booking. Just turn up on the day and enjoy yourself. All you need is a comfortable pair of shoes and clothing suitable for the weather!

NB: New walkers will be asked to complete a short registration form. We adhere to

Contacts

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Contact





The local area