



ACTIVE COMMUNITY WALKING PROGRAMME

GET IRELAND
WALKING

SUPPORTED BY



+



HOSTED BY



MOUNTAINEERING
IRELAND

The Active Community Walking Programme aims to **support the creation of vibrant walking communities throughout Ireland.**

COMMUNITY WALKING PROGRAMME

AIM

The Active Community Walking Programme aims to support the creation of vibrant walking communities throughout Ireland.

The programme will work with communities to increase the capacity and potential of people with low levels of physical activity to become more active through walking. This, in turn, will lead to **increased numbers of people participating in walking throughout Ireland.**

TARGET

The programme will target communities that have little or no organised walking activity.

The programme will:

Engage with local communities and provide sustainable walking programmes to persons/groups who may be experiencing disadvantage, socially, educationally and or economically. **The programme should be inclusive to all special population groups and abilities.**

For clarification on the definition of a 'community', see Appendix A.



The programme will work with communities to increase the capacity and potential of **people with low levels of physical activity to become more active through walking.**

ACTIVE COMMUNITY WALKING PROGRAMME

IMPLEMENTATION

By implementing a locally based and focused programme, and working directly with communities, this initiative seeks to empower local communities to increase their physical activity – through walking.

The programme will address individual and social barriers that people face concerning being active within their local area. Communities will be supported in the experience of walking with a group and in developing an action plan for walking in their local area. Engagement with the Active Community Walking Programme locally will ideally be through existing community based groups (social, cultural, development, or sporting). These groups will operate as a host/hub organisation for the programme.

STRUCTURE

Get Ireland Walking will co-ordinate this programme at a national level. We will work closely with LSP's and other relevant partners and their nominated County Community Walk Facilitators at a local level. For further information on the role of the parties involved in this programme, see Appendix B. Normal partner policies and procedures should be applied to the implementation of this programme.



The programme will address individual and social barriers that people face concerning being active within their local area.

ACTIVE COMMUNITY WALKING PROGRAMME

This table outlines a sample delivery plan for a facilitator to deliver the ACWP to new communities. This plan can also be adapted to support existing walking groups looking to rebuild capacity of their group.



WEEKS 1 AND 2	PROPOSED TIMEFRAME	EXPECTED OUTCOME
<p>ACWP OUTLINE</p> <p>Promote programme in the community.</p> <ul style="list-style-type: none"> Utilize assets and resources prepared by GIW. 	<p>Prior to programme commencing in a community</p>	<p>Interest Community consults with GIW/LSP on rolling out the ACWP in their community.</p> <ul style="list-style-type: none"> Community signs up and agree to the T&Cs of the ACWP. Local hub location identified.
<p>Facilitate a walk.</p> <ul style="list-style-type: none"> Discuss aspects of walking, types of environments and chat about the benefits of walking individually and as a group. 	<p>Week 1</p>	<p>Get people walking and thinking about nature based settings and trails within their local areas. Identify and discuss accessibility, barriers and perceptions to hill walking and more challenging terrain.</p>
<p>Walkshops may be conducted with a smaller group that wants to get involved in the planning and organising.</p>	<p>Week 2</p>	<p>A local group committed to working on creating a culture of walking and devising an action plan.</p>

WEEKS 3 - 22 OVERLEAF ▶

ACTIVE COMMUNITY WALKING PROGRAMME

◀ WEEKS 1 AND 2 ON PREVIOUS PAGE

WEEKS 3 - 7			WEEKS 8 - 22		
ACWP OUTLINE	PROPOSED TIMEFRAME	EXPECTED OUTCOME	ACWP OUTLINE	PROPOSED TIMEFRAME	EXPECTED OUTCOME
<p>Hold a community walk Follow up with Community re development of plan.</p> <ul style="list-style-type: none"> Encourage the community to walk as a group when the County Community Walking Facilitator is not in attendance. 	<p>Week 3 or 4</p>	<p>Community Walking together.</p> <ul style="list-style-type: none"> group working on the development of the community action plan. 	<p>Hold a community walk in a nature based setting and present the action plan.</p>	<p>Week 8</p>	<p>Clear commitment to supporting the community to get active through walking.</p> <ul style="list-style-type: none"> Present as something to try and review after a period
<p>Hold a Community Walk.</p> <ul style="list-style-type: none"> Follow up with Community re development of plan. 	<p>Week 5 or 6</p>	<p>Community Walking together.</p> <ul style="list-style-type: none"> group working on the development of the community action plan. 	<p>Follow up visit to community.</p> <ul style="list-style-type: none"> GIW will provide ongoing communication support for the leaders and group through a variety of mediums to support sustainable walking groups. 	<p>Between Week 8 - 22</p>	<p>Mountaineering Ireland step back in through a mentoring role. This role can be included in the programme descriptor at the beginning of the document.</p>
<p>Follow up with Community re development of plan.</p> <ul style="list-style-type: none"> May not be a physical visit. 	<p>Week 6 or 7</p>	<p>Discuss with working group and support their work on the action plan.</p>			

▶ **The County Community Walking Facilitator will be required** to deliver the programme over an eight-to-10-week period with a follow up visit to the community by Week 22.



ACTIVE COMMUNITY WALKING PROGRAMME

APPENDIX A

Definition of 'Community'

We usually think of 'community' as referring to all the people who live in a particular geographic location.

However, 'community' can also refer to other groupings, such as:

- ▶ Any group of people sharing something in common, in this scenario the geographic boundaries may change for different communities within a broad area.
- ▶ A smaller geographic area within a town or city; a neighbourhood, a housing estate, a townland
- ▶ A rural area.

There can be a number of communities within a larger geographically defined community.

Any community group formed should be open to welcoming new members.



ACTIVE COMMUNITY WALKING PROGRAMME

APPENDIX B

Active Community Walking Programme; Organisational Roles. This table outlines the role each organisation will play in the implementation of this Programme.

NATIONAL PARTNER ORGANISATIONS	NATIONAL CO-ORDINATION	COUNTY CO-ORDINATION
<p>As per membership of GIW advisory group</p> <p>Provide community Walk Leader training for Facilitators.</p> <p>Provide follow on training opportunities for communities.</p> <p>Provide additional information and support on walking, physical activity, local tracks and trails etc. (all partner organisations).</p> <p>Promote the programme (all partner organisations)</p> <p>implement mentoring and supports for community leaders and walking champions</p>	<p>Get Ireland Walking</p> <p>Develop and provide programme resources, required at national regional and local level.</p> <p>Develop links with national organisations to raise awareness and encourage their local groups to engage with this programme.</p> <p>Ensure programmes are inclusive and accessible.</p> <p>Explore funding mechanisms to support the delivery of the programmes through the GIW Partnership Network.</p> <p>Administer funding</p> <p>Maintain regular communication/ support with the partner.</p> <p>Deliver introduction training</p> <p>Ensure the programme is GIW branded and provide a bank of assets to promote and support programme delivery.</p> <p>Deliver induction training and provide support for the Facilitators.</p> <p>Organise annual support day for facilitators.</p> <p>Ensure programme monitoring and evaluation meets the protocols and processes of Sport Ireland.</p> <p>Compile reports on the programme.</p>	<p>Local Sports Partnerships Service Providers</p> <p>Local communication to promote the programme.</p> <p>Local recruitment and management of facilitators.</p> <p>Recruit communities. This may involve holding information sessions in the communities.</p> <p>Provide local knowledge on local infrastructure etc.</p> <p>Support the deliver of the progra,e in a community and attend frequently programme activity in the community.</p> <p>Ensure the walks intersect with nature where possible, gardens, parks, coast, woodlands, greenways etc.</p> <p>Collate local feedback through evaluation forms.</p> <p>Involves facilitators and communities in local walking events, challenges, national campaigns etc.</p> <p>Organise an annual event for the communities.</p> <p>Maintain regular communication/support with the facilitator and communities.</p> <p>Provide follow-on training opportunities for communities.</p>

ACTIVE COMMUNITY WALKING PROGRAMME

APPENDIX B

Active Community Walking Programme; Organisational Roles. (Cont'd)

LOCAL CO-ORDINATION	COMMUNITY
Facilitators	Community
<p>Attend all training, support days and networking events.</p> <p>Accept terms and conditionals of contact.</p> <p>Work directly in the local area.</p> <p>Facilitate the community to get active through the walking and development plan.</p> <p>Link with their LSP on an ongoing basis to provide feedback on programme progress and for support if necessary.</p> <p>Monitor and evaluate the work at community level.</p> <p>Complete and return all programme paperwork to their LSP in a timely manner.</p>	<p>Apply to have the programme delivered in their community.</p> <p>Agree the community commitment statement</p> <p>Identify a local venue for workshop/meetings.</p> <p>Provide refreshments for community meetings</p> <p>Make personal contact with less active members of the community.</p> <p>Provide feedback on the programme and complete monitoring and evaluation forms.</p>



The programme should be inclusive to all special population groups and abilities.

ACTIVE COMMUNITY WALKING PROGRAMME

COMMUNITY EXPRESSION OF INTEREST FORM

COMMUNITY:

HOST GROUP NAME:

CONTACT PERSON NAME:

NAME

PHONE NUMBER

EMAIL ADDRESS

- ▶ Have you access to a local venue that could be used for meetings and tea/coffee prior to and after walks? (Please give detail).

- ▶ Have any members of the host group experience of organising and/or leading group walks? (Please give details)

- ▶ Are you aware of people within your community outside your group that have experience of organising group walks or who are passionate walkers? (Please give detail).

- ▶ Are any of the group passionate about walking and/or interested in undertaking Walking Leader Training? (Please give detail).

- ▶ Any additional information: (consider; existing local walking routes, indication of level of physical activity within the target community etc.)

- ▶ Have you access by foot or within close proximity, green spaces to walk, such as: parks, woodlands, light trails etc

- ▶ Indication of the number of participants expected for the initial week?

ACTIVE COMMUNITY WALKING PROGRAMME




GROUP DISCUSSION TOPICS

These questions can be used to facilitate discussion, raise awareness and support the group to action.

General discussion about becoming active through walking:

- Why are we encouraging people to become active through walking?
- What are the benefits of walking?/ What would you gain from walking more?
- What are/Do you know what the National Physical Activity Guidelines are?
- Are you meeting the National Physical Activity Guidelines?
- Consider how to become more active through walking?
- Consider different walking pace; strolling/moderate intensity and 'walking more briskly/faster' pace.
- What affects your participation in physical activity in a positive and in a negative way?

If people are not meeting the NPA guidelines:

- What are the barriers to becoming active through walking for you personally and within your community?
 - What is preventing you from walking/walking more?
 - What would help/support you to become active/more active through walking?
 - What can you do at a personal level and in your community to support people to get more active through walking?
- 

ACTIVE COMMUNITY WALKING PROGRAMME

GROUP DISCUSSION TOPICS

These questions can be used to facilitate discussion, raise awareness and support the group to action.

Discussion points about the actual Group Walks:

- What did you notice about the walk?
- Consider the social aspect of the walks?
- How do you feel?
- What was involved in organising the group walk?

Tasks that the Community should try and undertake between sessions of the Active Community Walking Programme

- Encourage others to join/ promote the walking group
- Check out walking routes in the community
- Consider options for walking meeting times and places.
- Commit to becoming actively involved in organising the group.

- Commit to walking between ACWP sessions
- Contribute to the development of the Walking Programme. People will be supported to get involved at a level that they feel comfortable/capable.
- Consider other personal skills that would complement the efforts of the walking group eg. knowledge of the local environment, history etc.
- Promote the walking group in the local area, including contacting other groups, individuals, accessing local media and social media.
- Access further training and support for the group.
- Consider possibilities to establish a walking track/route in the area, discuss with local sports organisations, the county council etc.
- Consider possible links with local business – cafes re arrangements for group deal after walks, approach other local businesses for support/sponsorship.

ACTIVE COMMUNITY WALKING PROGRAMME

SIGN-IN SHEET

Community:	Programme Code:
Facilitator/s:	Start Date:

In partaking in this programme I understand that:

- I take part at my own risk and that neither the organisers nor the Facilitator will be liable for any injury that may occur to me.
- I should inform the Facilitator of any health problems I have before the start of a walking session.
- I should wear appropriate clothing and footwear.
- I should partake at a pace that is appropriate for me.
- I should inform the Facilitator if I am finding the walk too difficult for me.
- I should notify the Facilitator if I wish to leave the walk before the finish.
- I understand that this information will be shared with other Organisers / Facilitators and retained for a period of 12 months from the start date listed above.

No.	Name	Date	Date	Date	Date	Date	Date
1							
2							
3							
4							
5							
6							
6							
8							
9							
10							
11							
12							
13							
14							
15							

ACTIVE COMMUNITY WALKING PROGRAMME

GROUP WALKS ORGANISER'S CUE CARD

Pre-session

- Know your route – take the time to walk the route before you lead others and carry out a risk assessment of the route.
- Circulate details of the walk e.g. starting time, approximate duration and route to be taken.
- Try to have 2 organisers, one for the front and one at the rear. The organisers should set a reasonable pace depending on the walkers and the backup will encourage the slower walkers at the back.
- The walk organisers may cancel a walk for any reason e.g. bad weather, but ensure that people are informed of the change of plans. This may require someone being at the meeting point to inform people.

Start of session:

- Introduce yourself and other organisers.
- Ask new walkers to fill in the Walk Ready Questionnaire.

- If anyone has ticked a 'yes' to any of the questions, advise them to consult with their doctor about becoming active through walking.
- Advise walkers to keep organisers informed of changes in their medical condition.
- Share relevant information with other walk organisers.
- Complete the sign in sheet.
- Carry out a "head count" of all walkers present.
- Carry out 'warm-up' exercises.
- Emphasise that everyone should walk at their own comfortable pace but if you want to improve health, try walking briskly.
- Check people have suitable clothing, shoes, water available etc. for the route and the weather.
- Ask people to tell a walk organiser: if they are leaving the group or feeling unwell.

ACTIVE COMMUNITY WALKING PROGRAMME

GROUP WALKS ORGANISER'S CUE CARD

In-Session

- Be observant, look at the walkers and watch out for signs of distress such as:
 - > Breathlessness
 - > Profuse sweating
 - > Pale 'flushed' complexion
 - > Chest pains
 - > Confusion or fainting
- Use the 'talk test' have a chat with the walkers, everyone should be able to hold a conversation comfortably, if not slow down a little.

Post-Session

- Check all walkers have returned.
- Do 'cool-down' stretches
- Check the wellbeing of the walkers

- Congratulate the walkers and thank them for coming
- Make a note of any accidents/incidents on the appropriate form. A template can be downloaded from www.getirelandwalking.ie
- Tell walkers about other walks and encourage them to walk on most days.
- Encourage some social activity.

Relax and go for a tea/coffee.

COMMUNITY WALKING PROGRAMME



VISION

To be a community that recognise the physical, mental and social benefits that walking can

bring to each of its members and to the community as a whole. To recognise the need to help and support those in our community with low levels of physical activity to become more active. To be part of the nationwide 'Get Ireland Walking' movement which exists to maximise the number of people participating in walking; for health, wellbeing and fitness. To identify

walking opportunities locally that links walkers with groups and explore pathways for further education and training for walkers to progress to more challenging terrain. To create a culture of walking within our community where people chose to walk through our commitment to this charter and its principles:

PRINCIPLES

1. A healthy, socially inclusive and sustainable community
2. Recognition of the mental, physical and social benefits of walking
3. Increase awareness and encourage widespread community participation in walking
4. Support established walking groups and encourage the further growth of new groups

5. To acknowledge and support the roles of individual walkers
6. Recognition of the unified efforts of all those working in partnership in the promotion of walking
7. A supportive community environment for safe, accessible walking
8. A culture of walking in our community.
9. Advocate for more accessible walking spaces locally and create relationships with other communities and authorities.
10. Support leaders to lead and celebrate their efforts

Signed:

On behalf of:

Date:



COMMUNITY WALKING PROGRAMME



ARE YOU READY TO GO WALKING?

Becoming more active is very safe for most people but for some it may carry certain risks. All walkers are walking at their own risk and should agree to tell the organisers if they have any health concerns that may affect their walking. If in any doubt in this regard an individual should check with their doctor before they start becoming more physically active. Start by answering all of the questions below. If you are over 65 years then check with your doctor anyway.

Has your doctor ever said that you have a medical condition and should only do physical activity recommended by a doctor?

Do you feel pain in your chest when you do physical activity?

In the past month, have you had a pain in your chest while not doing physical activity?

Do you lose your balance because of dizziness or do you ever lose concentration?

Do you have a bone or joint problem that could be made worse by increasing your level of physical activity?

Is your doctor currently prescribing drugs for your blood pressure or a heart condition?

Do you know of any reason why you should not do physical activity?

Yes No

If yes please specify

I understand that by answering yes to one or more of the above questions then I should consult my doctor before taking part in this walking session.

I agree to tell the walk leader if there are any changes in my health which affect my answers to the above questions.

I understand that this information will be shared with other walk leaders.

Your levels of physical activity

We would like to find out about your current levels of activity:

During a normal week on how many days would you walk for exercise, leisure or recreation for at least 10 minutes?



COMMUNITY WALKING PROGRAMME



ARE YOU READY TO GO WALKING?

How long would you typically spend walking for recreation? Think of an average session

- Less than 30 minutes
- 30 minutes or more
- Not Applicable

How would you describe your usual pace in walking for exercise, recreation or leisure? Tick one only

- Slow
- Steady, average
- Fairly Brisk
- Fast
- Don't Know

Thinking about your walks for exercise, recreation or leisure only which of the

following would most accurately describe who you generally walk with? (Tick one only) Usually with a friend, neighbour or other person

Usually with a group (e.g. social, community, club or other group)

- Usually alone
- Usually with a pet (e.g dog)
- Do not walk on a regular basis
- Don't Know

During a normal week on how many days would you walk for transport, for at least 10 minutes at a time i.e to get from place to place?

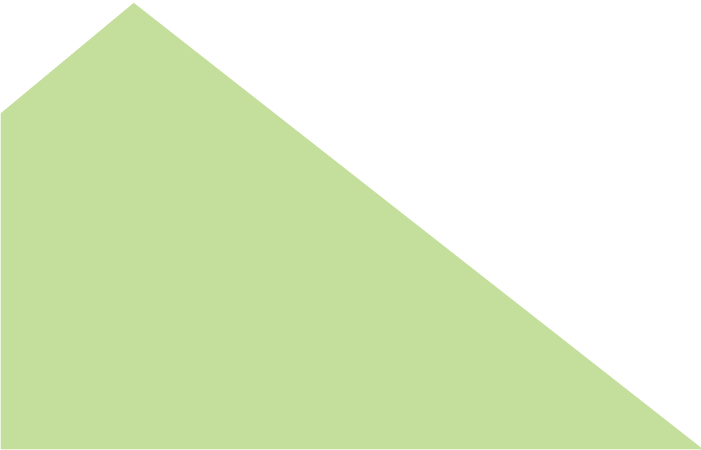
0 1 2 3 4 5 6 7

During a normal week on how many days would you play sport or exercise?

0 1 2 3 4 5 6 7

How long would you typically spend playing sport or exercising? Think of an average session

Less than 30 minutes
30 minutes or more
Not Applicable



COMMUNITY WALKING PROGRAMME

FACILITATOR WEEKLY FEEDBACK

Can be organised as a Survey Monkey questionnaire

1. Facilitator Name:_____

2. Programme Location:_____

3. Session No: _____

4. Number of participants in this week's session:_____

5. Number of male and female participants:

6. Number of volunteers:

7. Did any of the following issues arise during this session (Tick all that apply):
Lower turnout than expected

Injury- had to stop walking
Injury-injured but could continue walking
Participants walk at different paces so difficult to walk as a group
Some participants had difficulty walking the route
Encountered anti-social behaviour
Maintaining interest of participants
Lack of willingness to get involved i.e. volunteering, contributing to group etc. Difficult group dynamics i.e. lack of openness, group conflict etc.
None

8. How are you progressing with the Local Walking Plan?

On track
Slightly behind schedule

Very behind on plan.

9. Actions

10. Other comments:

Thank you for your work on the
Get Ireland Walking Active Community
Walking Programme and for taking the
time to complete this feedback.

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