



**ramblers**  
at the heart of walking

# Walking, the health of the nation and the importance of volunteers

## Welcome





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# Ramblers

The Ramblers help everyone, everywhere, enjoy walking and protects the places we all love to walk. We are the only charity dedicated to looking after paths and green spaces, leading walks, opening up new places to explore and encouraging everyone to get outside and discover how walking boosts your health and your happiness.

At the heart of everything we do are our members, they support our values and deliver the vast majority of our work by volunteering their time and energy. They also provide the majority of our funding. We have over 105,000 members who make up a network of around 500 local groups across England, Scotland and Wales and lead around 45,000 walks a year.



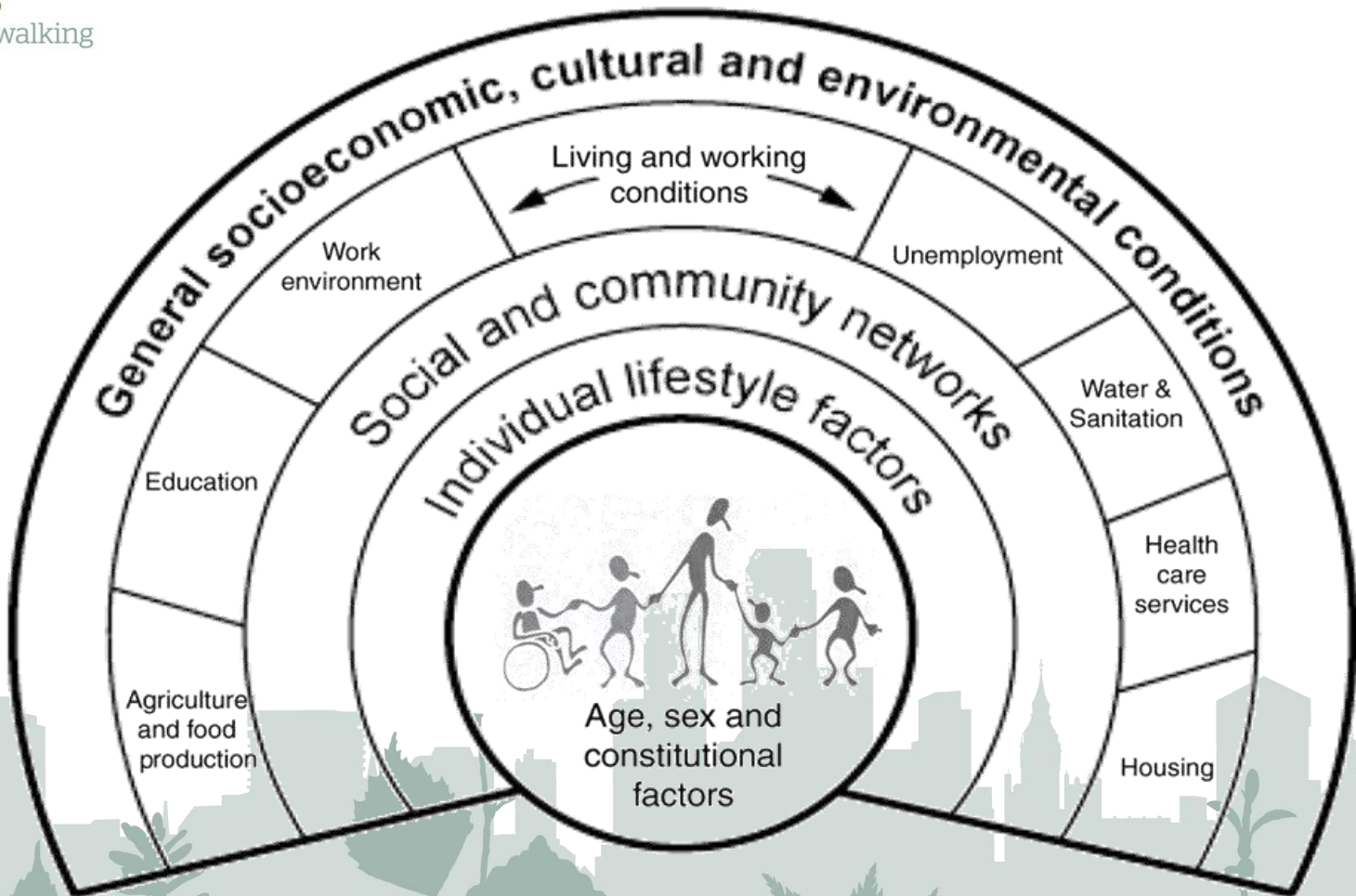
# Health walks

In 1996 Dr William Bird set up health walks from his practice and then worked with the Countryside Agency and the British Heart Foundation to expand it nationally as 'Walking Your Way to Health'. Over time this separated into the four health walking programmes seen today,

- Let's Walk Cymru in Wales
- Paths For All in Scotland
- Walking For Health in England
- Walking For Health in Northern Ireland



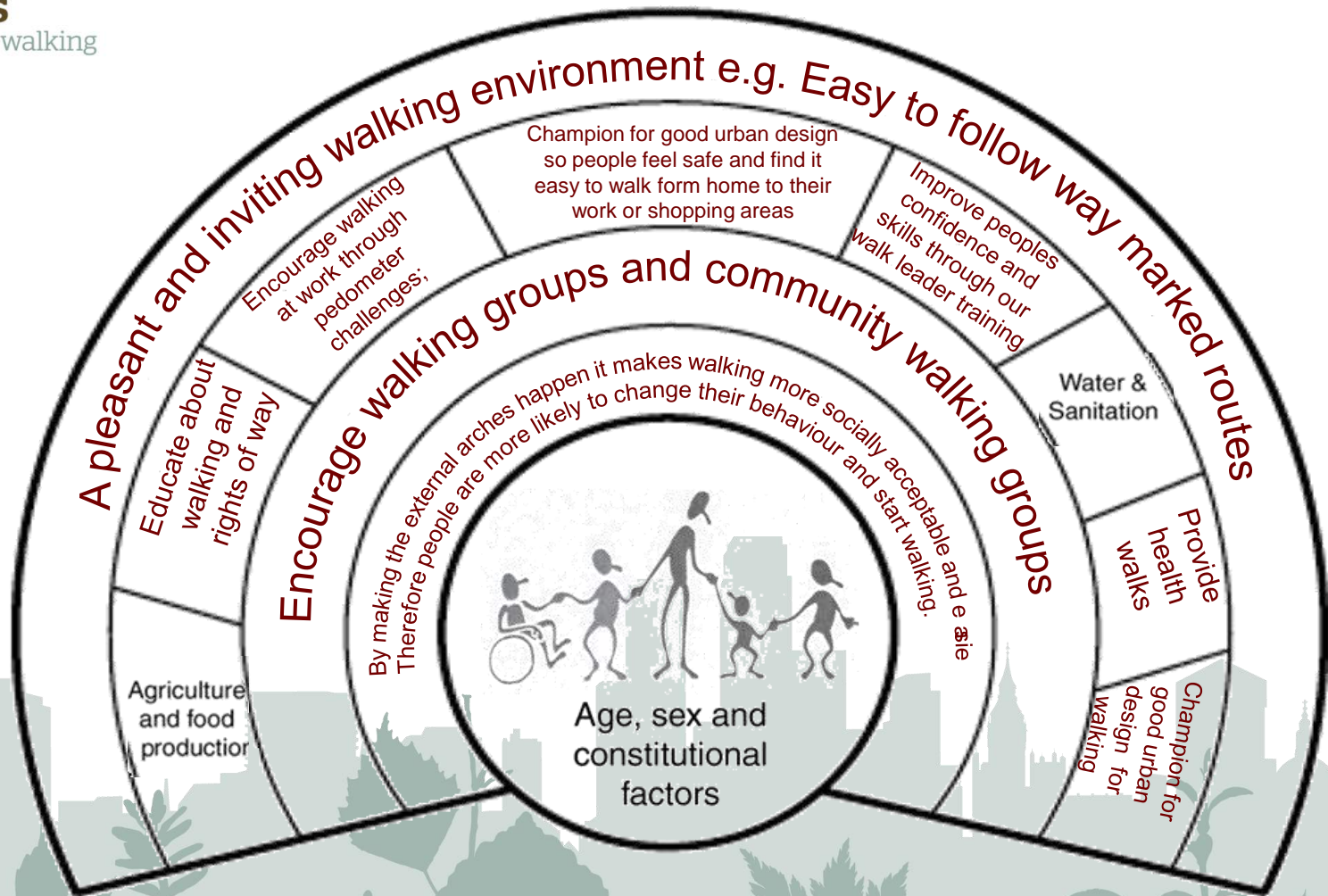
# Determinates of health and changing behaviours





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# So how do we do it?





# WHO Health Economic Assessment Tool



# WHO Health Economic Assessment Tool

## Estimated benefits of Let's Walk Cymru using WHO HEAT tool

Benefit calculated by WHO HEAT\*<sup>1</sup>

	1 year	10 years
Increased activity due to LWC*	1300 <sup>§</sup> people walking for 60mins a week	13000 people walking for 60mins a week
Cost	£300,000	£3,000,000
Estimated protective benefit	7 %	7%
Out of this many individuals, the number who would be expected to die if they were not walking regularly would be:	5.64	56.43
The number of deaths per year that are prevented by this level of walking is:	0.40	4.00
the current value of the total benefits accumulated	£508,000	£41,214,000
The benefit to cost ratio is therefore:	1.69:1	13.74:1

\*<sup>1</sup>These estimates have been made by HEAT based on the best available evidence on the recognised delay between increased physical activity and measurable benefits to health

<sup>§</sup>the 1year calculation looks at the saving made using only those walkers registered this year 2013/14 where as the 10 years looks at savings based on the current number of all walkers registered,

# Volunteer expenses

Wales Council for Voluntary Action estimates project roles as:

Role	Notional F/T salary	Notional hourly rate
Project manager	£24,000	£13.85
Project co-ordinator	£19,000	£10.85
Project researcher	£19,000	£10.85
Project administrator	£13,500	£7.75

These hourly rates include all (notional) on costs such as employers' NIC and pensions.

Assuming our volunteer walk leaders are coded as administrator and provide:

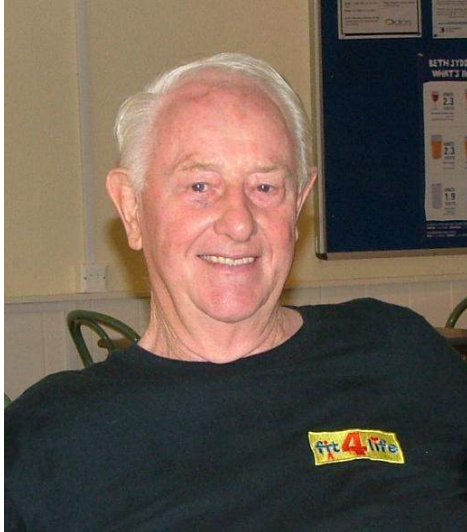
- 2 hours a week for leading the walk, 1 hour a week in preparation, administration and travel, 1 day a year for training or training updates, 4 days for local meetings and calendar organization. (1 day = 7 hours).
- Each walk leader provides approximately 191 hours a year.
- In 2014/15 there are 916 active walk leaders =  $916 \times 191 \times 7.75 = \text{£}1,355,909.00\text{p}$





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Dave Windsor (74) from Chepstow is a keen member of the Chepstow Fit 4 Life group and has qualified as a walk leader. Following heart by-pass surgery three years ago, Dave was directed to Newport's St Woolos Hospital Cardiac Rehabilitation programme and later the National Exercise Referral Scheme Cardiac Rehab group at Chepstow Leisure Centre.

Dave says: "Attending these groups gave me the confidence to go out walking on my own. I am now fitter than I was 15 years ago and now visit the doctor only on a routine basis. I can say with certainty that NERS and the Fit 4 life walking group have made a positive difference to my lifestyle."



# Stepping up to the mark

# Get fit in Abergavenny

Stepping out:  
From left:  
Kirsty Lewis,  
Debbie Nicholas  
and Jonathan  
Edmunds

A successful weight loss course available at Abergavenny Leisure Centre has received great feedback from customers. The Premier Lifestyle weight loss course is open to people over the age of 18 and costs £6 per session. It runs in stone within two weeks and seriously reduce my red wine habit... I now feel healthier and seem to be getting up those hills quicker than before.

happier. I look forward to completing the course and keeping the weight off. The course is open to people over the age of 18 and costs £6 per session. It runs in



## Monmouth walkers set out to Ancre Hill to mark first birthday

THE Monmouth Fit 4 Life walking group has celebrated its one year anniversary. To mark the occasion, a group of the scheme's walkers trekked from Monmouth Leisure Centre to the Ancre Hill Woodlands before returning for a birthday meal. The walking group was formed when members of the Monmouthshire National Exercise Referral Scheme (NERS) agreed to meet each Monday morning to explore the area on foot. The Exercise Referral Scheme encourages people with a wide variety of medical conditions to lead a more active lifestyle by attending sessions at their local leisure centre and taking advantage of opportunities for more exercise. The Monmouth Fit 4 life group is supported by Monmouthshire County Council's Leisure and Countryside services and

## People across Communities First areas are being urged to get up and walk around more for the sake of their health.

As part of a Change4Life Wales campaign, more than 5,000 special 'healthy packs' are being distributed via Cluster teams from March onwards to encourage people to take up the 'Let's Walk Cymru' Pedometer Challenge and record how many steps they take each day. Medical advice indicates that the average adult should take 10,000 steps per day, but it is estimated that the majority of people take

fewer than 5,000 and many take as few as 1,000 steps.

The packs, each comprising a drawstring bag containing a pedometer, water bottle, and Change4Life booklets, will be given to people in Communities First areas who sign up for Change4Life Wales and the Pedometer Challenge. Each Cluster will also be provided with a selection of rugby balls and footballs for use in the community. The bag will also contain a postcard with the Change4Life web address which will signpost people to the challenge.

People or in or tea up comp workpla more the signed u walking steps, w 95,000 r. The Wal and Let's extensiv get moti includi peopl e walking www.wal

## WalesOnline Meet the 93-year-old walking enthusiast who is backing a campaign to get us to walk more



Marjorie Sims from Newport is inspiring people of all ages to getting into the stride of good health

## Waking to get the nation fit

A 93-YEAR-OLD walking enthusiast from Newport is supporting a campaign to get the nation back up on its feet. Marjorie Sims, from Beechwood, is leading the way in the final month of the Wales Pedometer Challenge, designed to get the Welsh population to adopt a healthier lifestyle. Organised through Let's Walk Cymru by Ramblers Cymru and sponsored by the Welsh Government's Change4Life Wales and Communities First programme, the Pedometer Challenge aims to get people walking thousands more steps as part of their daily lives. More than 1,000 people have so far clocked up more than 200 million steps on their pedometers. Ms Sims said: "I began walking almost 10 years ago. After

## One step at a time

As the weather gets better and spring is well and truly here, the last weekend in April is the ideal time for families to get out and walking to fitness together. Besides, you have to get ready for the Wales Pedometer Challenge. Cathy Owen reports

## Walking group's second birthday

AN INTREPID group of walkers celebrated two years since their formation by taking a four-mile circuitous route from Abergavenny Leisure Centre to the foot of the Sugar Loaf returning alongside the River Usk at Llanwenarth. The group was formed when members of the Monmouthshire National Exercise Referral Scheme (NERS) agreed to meet each Thursday morning to explore the area. The scheme encourages people with medical conditions to lead a more active lifestyle by taking up opportunities to exercise more. The group is supported by Monmouthshire County Council's Leisure and Countryside services and receives additional support from Let's

## Walking their way to a healthy life

A WALKING group celebrated two years since their formation by taking a four-mile circuitous route from the council's leisure centre at Llanwenarth. The Abergavenny Fit 4 life group is supported by Monmouthshire County Council's Leisure and Countryside services and receives additional support from Sport Wales, the Welsh Government and Ramblers Cymru. The Exercise Referral Scheme encourages people with a wide variety of

## Walk your way back to fitness

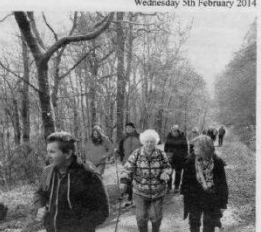
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## Get fit and stay fit

that combines real food, healthy lifestyles and activity. The weight loss classes, run by trained instructors, are linked to additional activities and exercise classes available at the leisure centre. Premier Lifestyle has been developed by Premier Training International who 20 year pedigree sits firmly in the health, fitness and wellness sector. Every week at your Lifestyle class, your group leader will help you set and monitor your personal weight loss and lifestyle goals. This will be a personal discussion between you and the class leader. Looking for a physical activity to try in 2014? Not sure what to try? Why not try our FIT 4 life healthy lifestyles



Premier Lifestyle is split into two programmes: Kick Start will launch your new lifestyle and deliver some amazing weight loss and feel good results. Continued Weight Loss is all about maintaining the momentum and ensuring members continue to lose weight and achieve health goals. Members are always amazed at how quickly they start to look slimmer, feel fitter and experience improvements in general health. The course is open to people over the age of 18 and costs £25 per session. There are two classes running weekly: Monday from 8.15pm to 9.15pm and Thursday from 11.30am to 12.30pm both in the café bar. Contact Monmouth Leisure Centre 01690 771335 for further details or email admin.woods@monmouthshire.gov.uk

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Government and Ramblers Cymru. Don said, "Before my operations and then joining the scheme I completed a four mile walk with-out difficulty." Don is a native of Devon and as a youngster, and even into adulthood, regularly climbed the Downton Rock

was referred to the National Exercise Referral Scheme following a spinal operation and knee replacement three years ago. Don said, "Before my operations and then joining the scheme I completed a four mile walk with-out difficulty." Don is a native of Devon and as a youngster, and even into adulthood, regularly climbed the Downton Rock

County Council's GP Exercise Referral Coordinator, Joel Morgan on 01633 642395. "Don Balkwill with Clive Davies" "Walkers all over the Abergavenny Leisre Centre



on the edge of Dartmoor. Don said, "Problems with my neck and knee prevented me from ascending the tor in later years but when I joined the Abergavenny Fit 4 life group I set myself a target to

climb it once again. In a year I was able to do so and I'm pleased to say I've walked up it five times." Clive Davies, 75, who was referred to the group by his doctor in 2008 following heart surgery, added, "Walking makes you feel invigorated and it's added the Fit 4 life group as a great way of making friends. Our instructors are wonderful and pay individual attention to each member." For more details contact the Abergavenny Leisre Centre

County Council's GP Exercise Referral Coordinator, Joel Morgan on 01633 642395. "Don Balkwill with Clive Davies" "Walkers all over the Abergavenny Leisre Centre

taken for an Afghan tribesman and travelling the world. "It has been a long time. We have had many losses and everyone starts and finishes the walks with a smile on their faces. I am reliably informed that the walk leaders have been a revelation with their enthusiasm and commitment to

MONLEISURE YOUR WAY www.monleisure.co.uk monmouthshire sir fynyw

ring around lise in ooking



# Any questions

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