

Keeping hearts pumping and spirits up during Covid



Health Walks are:

- > Led by a trained volunteer > Low level > Local > Short
- > Free > An opportunity to meet new people in your area
- > Great for your physical, mental and social health

37%
ARE REGULARLY ACTIVE BEFORE JOINING A HEALTH WALK

87%
ARE REGULARLY ACTIVE SIX MONTHS AFTER JOINING A HEALTH WALK

During the pandemic, members of the Scottish Health Walk Network quickly adapted their delivery using established links with Walk Leaders and walkers within the community, many of whom were shielding and/or isolated:

“Our weekly online Walk Leaders meetings were a great way to gather thoughts on ways to support our walkers and of course, have a catch-up. We are now also providing monthly online Tea and Chat sessions and **Strength and Balance** sessions, for anyone to join.”



My health went downhill quickly after being diagnosed with a spinal problem. I had to give up the gym, but this walk now gives me exercise. It gives me company, it gets me out in the fresh air. It's just brilliant.

Liz, Stirling.

William, an elderly isolated gentleman who lives alone, with family unable to visit and early stages of dementia. He was supported by a volunteer buddy walker and now walks regularly with a Health Walk group.

Thanks for the attached information and links to the exercises, the links have been invaluable to people with health conditions during the pandemic as have the Health Walks, which for us as a project have been the only face to face sessions on offer for most of 2020.

Feedback to Paths for All

Covid-19 has had a severe impact on people's ability to access health and wellbeing activities throughout Scotland.

During the first 12 months of the pandemic Paths for All was there every step of the way, working with the Scottish Health Walk Network to support the delivery of Health Walks and other forms of physical activity in accessible formats...

COVID SUPPORT KEY STATISTICS

SCOTTISH HEALTH WALK NETWORK

41 NEW MEMBER ORGANISATIONS

WELCOMED

£26 GRANTS AWARDED

RESOURCES PROVIDED

20,000 STRENGTH & BALANCE LEAFLETS

1,500 OTHER STRENGTH & BALANCE RESOURCES

5,000 OTHER MATERIALS

120 MENTAL HEALTH RESOURCES

283 DEMENTIA FRIENDLY WALKING RESOURCES

TRAINING DELIVERED

1,081 NEW WALK LEADERS TRAINED

4 NEW ONLINE TRAINING COURSES DEVELOPED

136 PROFESSIONALS & VOLUNTEERS TRAINED IN STRENGTH & BALANCE

20 TRAINERS TRAINED TO DELIVER DEMENTIA FRIENDLY WALK LEADER TRAINING

44 TRAINERS UPSKILLED IN ONLINE WALK LEADER TRAINING

71 WALK LEADERS UPSKILLED TO LEAD DEMENTIA FRIENDLY HEALTH WALKS

INTERACTIVE SOCIAL MEDIA PLATFORM

30 LIVE TOPIC-BASED SESSIONS DELIVERED

3,600 MESSAGES POSTED **800** LINKS & FILES SHARED

Paths for All Partnership is a recognised Scottish Charity No: SC025535 and a Company Limited by Guarantee No: 168554

