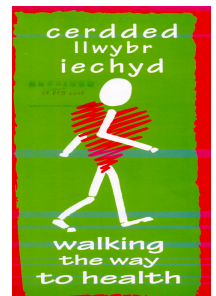


# Walking the Way to Health



## Get Up and Go!

ISSUE 5

JUNE 2006

### Introduction

A warm welcome to all our readers – please continue to support our “Get up and Go” programme of walks across Cardiff during 2006.

We currently have ten walks taking place every week, as can be seen from the programme overleaf. Some of these walks have been going on for several years now and we are very grateful to the walk leaders for their support.

### New Walks – 2006

Two new walks have started in Cardiff this spring.

- **Ely**

A new walk now takes place from the Michaelston Adult Centre (MAC), Michaelston Rd, Ely. People meet at the MAC at 1.00pm on Thursdays and walk through a very pretty wooded area behind the Centre. The walk leaders are Allison Wiggins and Lynette Davies. If you know anyone who might be interested in joining us as a walk leader, please let us know.



This walk has replaced the Wednesday walk in Trelai Park which was led by Iona Gordon. We would like to thank Iona for all her support to the Ely walk for the last few years.

- **Llanrumney**

A new walk, has been set up, meeting at the gates of Llanrumney High School on Wednesday mornings at 10.30 a.m. There is a choice of walks on either side of the river where there is very attractive scenery. The walk leaders are Doreen Smith and John Parkinson.



Thanks to Llanrumney High School for their support and provision of a room where walkers can meet for a cup of tea after the walk.

### Walks in the Pipeline

This year we are also hoping to start walks in Heath Park, Splott / Tremorfa and Fairwater areas.

## Walk Leader Training

We are holding regular training sessions for walk leaders. The training consists of a free one day session (with lunch!) Those who attend will receive a manual and a certificate to say they have been trained. The walk leaders are then qualified and insured to lead /assist with walks. We are looking for additional volunteers to support the programme of walks across Cardiff in order to share the commitment and make the walk programme sustainable. We would like to recruit walk leaders in:-

- Heath Park
- Splott/Tremorfa/Adamsdown
- Fairwater
- St Mellons
- Gabalfa/Llandaff North
- Llanrumney
- Ely

There are still vacancies on the next training day on Wednesday 21 June at Maindy Pool, from 9.30 – 4.00. Please contact Jane Williams on 0292087 3633 or email at [JaneWilliams@cardiff.gov.uk](mailto:JaneWilliams@cardiff.gov.uk) if you are interested in attending or want to know more.

## Workplace Walks

### Walking to Work-Out

This is one of the health promotion initiatives for 2006 targeting physical activity, run in partnership with ActiveLife, Cardiff Council Health and Wellbeing Group and Walking for Health.

Walking to Work-Out ran from May 15<sup>th</sup> – 26<sup>th</sup> 2006. The initiative was promoted to all council employees explaining the benefits of walking as a health enhancing form of physical activity. ActiveLife also provided a presence at 7 sites including County Hall, in the form of registration for a walk competition and led lunchtime walks.

ActiveLife provided pedometers and walk diaries, and detailed maps of local walk from the workplace(s) to all workers who were interested in taking part in the initiative. They were entered into a competition and the winners received £50 in vouchers for sports wear.

The initiative was not particularly blessed with good weather. Nevertheless, over 300 pedometers were distributed, along with 250 maps, 97 employees took part on the led walks from the workplace. This was a very positive response especially considering the inclement weather. ActiveLife hope this enthusiasm continues throughout the year. The next stage of the initiative is to continue these walks with help from volunteers who will receive Walking for Health walk leader training, for each workplace venue. This has the full support from service area management who attend the Health and Wellbeing group.

## Rights of Way Improvement Plan

### The Cardiff Local Access Forum Promotes the Ely Trail

Cardiff's Local Access Forum (LAF) is actively recruiting new members in order that they might make a vital contribution to local authority decision making.

This advisory process specifically relates to the County's rights of way network. The underlying function of the LAF is to advise relevant bodies (including the Council) on possible improvements for public access.

In recent times, the LAF has provided significant contribution to the Ely Trail consultation process.

The purpose of the Ely Trail is to create a shared cycleway/footway that connects Leckwith to Penarth Road whilst running parallel to the River Ely. Proposed future plans will see the continuation of this trail to the International Sports Village and beyond.

The first section of this project has now been completed and is available for usage by the general public. The LAF have inspected the route and whole-heartedly advocate such usage. The trail itself provides a fascinating exploration of countryside becoming entwined with industrial heartland – a fundamental quality attributed to other areas of Wales yet often overlooked within the Capital.

If you are enthusiastic about making such a valuable contribution to your community by joining the Local Access Forum, please contact John Donovan within the Rights of Way Team. Mr Donovan will be happy to assist you and is available for contact on (029) 20785223 or [JDonovan@cardiff.gov.uk](mailto:JDonovan@cardiff.gov.uk)

## Evaluation of the Walking for Health Scheme

The grant from the Big Lottery fund for the Walking for Health Scheme including the Project Co-ordinator's post ends this year. This applies across Wales and an evaluation of the scheme is underway to determine its value and justification for further funding. The evaluation is being undertaken by the University of Aberystwyth. Some walkers have already taken part in the survey and have returned their questionnaires.

A new set of questionnaires will be circulated for newcomers to the scheme and walk leaders will be asked to hand these out soon. It is anticipated that volunteer walk leaders will also be asked for their views, as part of the evaluation process.

We are grateful to all those who have taken part in the surveys and hope that the positive results will help continuation of the scheme.

## Recent Special Events

### Christmas Walk – 2005

Nearly 70 walkers met at the Plymouth Arms just before Christmas and walked through the Museum of Welsh Life, St Fagans. We then returned to the Plymouth Arms for refreshments. A good time was had by all!



## Planning workshop – 27<sup>th</sup> March

The workshop was well attended with 34 walkers/leaders. Professor John Cockcroft was very interesting and enthusiastic. John Donovan gave a presentation on the Cardiff Rights of Way Improvement Plan. He would like walkers to join the Local Access Forum as there is a need for a representation of a cross section of people and their input would be very useful. It is hoped that a member of the Walking for Health Steering Group will join the Forum.

The planned walk as part of the workshop had to be cancelled due to the bad weather. Discussion groups were set up which provided some interesting ideas in answer to issues as to how the walkers can help to promote the walks locally.

## Promoting Local Walks

Posters and leaflets are available for all the individual walks and we would be delighted if walk leaders and walkers could help to distribute these to relevant places in the area. Some shops are happy for leaflets to be left on their counters and many shops churches and clubs will allow a poster in their windows. We really want communities to have a sense of ownership of their local walks and you can all help with this!

### Websites

If you have a chance, have a look at the following websites. There are always interesting articles to read;

Wales Walking the Way to Health [www.ww2h.org.uk](http://www.ww2h.org.uk)  
UK Walking the Way to Health - [www.whi.org.uk](http://www.whi.org.uk)  
Get up and Go [www.Cardiffhealthalliance.org](http://www.Cardiffhealthalliance.org)

### Contact Information

Project Co-ordinator –  
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Email [JaneWilliams@cardiff.gov.uk](mailto:JaneWilliams@cardiff.gov.uk)

## CARDIFF WALKING FOR HEALTH SUMMER PROGRAMME 2006

WHEN?	WHERE?	MEET AT
Monday 2.00pm	Victoria Park Canton	At the Rangers' Office in the park. Walk leaders are Richard Harris and Leighton Hale.
Tuesday 10.30am	Llandaff North/Gabalfa	Outside Gabalfa Community Education Centre, Colwill Rd. Walk Leaders are Bette Griffiths and Alyson Burnell
Tuesday 2.00pm	St Mellons	In Tesco Foyer. Walk leaders are Sally Ball and John Parkinson
Wednesday 10.30am	Llandaff Fields	The Turning Circle at the top of Cathedral Road. Walk leaders are Jill Symonds, , Lilian Boden and Eileen Tariq
Wednesday 10.30am*	Llanrumney* <sup>1</sup>	The entrance gates of Llanrumney High School. Walk Leaders are Doreen Smith, and John Parkinson,
Thursday 10.30am	Rhiwbina	Outside Rhiwbina Library, Pen-y-Dre. Walk leaders are Robin and Val Hamilton, Viv Jones, Mary Hosking and Maureen Davies
Thursday 1.00pm	Ely* <sup>2</sup>	At the Michaelston Adult Centre, Michaelstone Rd, Ely. Walk leaders are Allison Wiggins, Lynette Davies
Thursday 2.00pm	Llanedeyrn	Outside the Powerhouse, Roundwood, Llanedeyrn. Walk Leaders are Jeff Bonsey Robert Walker and Eddie Barrow.
Thursday 2.00pm	Roath Park	Outside Roath Community Hall, Recreation Ground, Roath Park. Walk Leaders are Joan Brooks, Brian and Margaret Barrett, Sheila Lane & Liz Unser
Friday 9.30am	Cardiff Bay	Outside Channel View, Jim Driscoll Way, Grangetown. Walk leaders are Andrew Burns, Franklyn Parris, Lynne Williams, Emma Bridgeman, Peter John and Gabe Operanta

<sup>1</sup>The new walk in Llanrumney is taking place on Wednesday mornings at 10.30am.

<sup>2</sup>The new walk in Ely is taking place on Thursdays at 1.00pm. (This has replaced the walk at Trelai Park, Ely on Wednesdays.)

More walks are being planned this year for Heath Park, Fairwater and Splott/Tremorfa/Adamsdown.

For more information, phone WFH Co-ordinator **Jane Williams** on 029 2087 3633 or C2C 2087 2087 or email [JaneWilliams@cardiff.gov.uk](mailto:JaneWilliams@cardiff.gov.uk)

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