

Walking For Health

Torrige and North Devon November 2010 – March 2012



Level 1 Walk



Dolton Heritage Walk



Level 2 Walk



Farm Walk Level 3



Walk Leader



Walking for Health End of Project Report

Introduction

The purpose of the grant was to develop and strengthen Walking for Health groups across Northern Devon and support the Biosphere Reserve's objectives for 'strong and healthy communities'. The project aim was to improve the health of residents of the North Devon UNESCO Biosphere Reserve area through the promotions and delivery for health walks as a means of encouraging people to achieve the recommended levels of activity. In addition the project would support these groups and activities to work towards becoming sustainable in the future.

A key part of the project aimed to promote and encourage participation in walking for health activities by marginalized groups across the area. These priority groups included:

- People who do little or no exercise or who are recovering from illness
- People with poor mental health
- People with learning disabilities
- People aged over 65
- Parents of under 5s
- People living in a rural or urban social isolation
- People living in area of health deprivation as defined by health indices within the multiple indices of deprivation

Grant funding was provided for Transform and TTVS to undertake this work from November 2010 until March 2012. Although both organizations were contracted to deliver the work separately, they have tried wherever possible to share ideas, training and development opportunities to maximize the impact of their work and deliver value for money.



Transform report

Transform was approached to deliver the Walking for Health project on behalf of North Devon AONB and Biosphere Service as it was running an Ilfracombe Healthy Town pilot project and would be able to use the network of initiatives to support the take up of Walking for Health. The promotion and development of walking for health complimented the Healthy Town activities and enabled the project to add value to both. The Ilfracombe Healthy Town Pilot Project was due to finish in March 2011 and the Walking for Health funding enabled development and support for Walking for Health groups to continue for a further 12 months.

Targets and Outcomes

The Walking for Health project required a number of targets and outcomes to be met as a condition of the funding. These were:

1. All walking for health groups to achieve and maintain accreditation
2. 20% increase in numbers attending walking for health walks
3. 20% increase in trained walk leader
4. Maintain the same number of walk groups
5. 12 hours of specialist support for walk groups
6. Completion of Natural England Outdoor Health Questionnaire by walkers
7. Regular volunteer walk leader support meetings
8. Reimburse volunteer walk leaders for their expenses

The target results and outcomes area as follows:

1. All North Devon Walking for Health groups have achieved and maintained their accreditation status during the period. Detailed and effective support has been offered to each group to ensure they meet the accreditation criteria. We maintain regular contact with each group, attend meetings and provide practical administrative services.
2. There has been a **161.2%** increase in the numbers attending walking for health walks since November 2010. **3** new walking groups have formed, Ilfracombe, Ilfracombe Pramblers and South Molton, which has contributed to the significant increase in numbers attending walks. Although both Combe Martin and Barnstaple were in existence at the beginning of the project, as a result of the direct support offered by this project we have been able to increase attendance as well. We have supported the publicity and marketing of Walking for Health activities through newsletters, websites, leaflets and referrals from other activities delivered by the Transform team. Health Centres, GP surgeries, libraries and other public meeting spaces publicise Walking for Health activities. In addition we have built a strong relationship with the Community Mental Health team and developed a range of walks appropriate for their service users.
3. Prior to November 2010 North Devon only had **15 trained walk leaders**- by promoting and running regular training sessions, some in conjunction with Torridge we now have successfully trained another 12, which represents an 80% increase.
4. North Devon has established **3 new** Walking for Health groups over the period of the grant, 2 of which are accredited and supported



5. Each group has received at least 12 hours of in-depth support from Transform since the start of the project.
6. **259** new Walking for Health questionnaires have been completed since the start of the project.
7. Over the period of the project 3 walk leader meetings have taken place, Transform has encouraged walk leaders from across North Devon and Torridge to meet together so that they can share ideas and develop their walk programmes.

A full break down of the results can be found in **appendix 1**.

Transform has run this project in conjunction with its Ilfracombe Healthy Town programme. There is no doubt that the additionality derived from operating alongside a larger programme that focussed on a wider health issues has helped promote and attract interest in Walking for Health activities. We have been able to recruit new members, develop a wide range of walks as well as build capacity amongst the membership. The Healthy Town programme provided a strong framework to link with many marginalised members of the community and build confidence and understanding of the aims of Walking for Health.

As a result we were able to increase participation from:

- People who do little or no exercise or who are recovering from illness by introducing participants of the Health Town Project to Walking for Health and increase membership and take up of level 1 and 2 walks
- People with poor mental health by working with Devon Partnership Trust to provide a number of client specific walks that meet the needs of people with depression and mental health issues
- People with learning disabilities by working with community groups who provide support to individuals with learning difficulties
- People aged over 65 by promoting and marketing the benefits of walking for health at key locations across North Devon we have attracted a significant number of new members in this age group.
- Parents of under 5s by working with the Children's centre to build interest and support for a Prambler's group.
- People living in a rural or urban social isolation by using community transport schemes to enable those living in rural settings to join in organized walks
- People living in area of health deprivation as defined by health indices within the multiple indices of deprivation by working with Ilfracombe Healthy Town project we have been able to increase access and take up of walking for this deprived community.

All walk programmes are available on the Walking for Health website and a selection are attached to this report as well as a copy of the recent Farm Walk to give a flavour of the type walks available. The national website enables visitors to the area to join any walk that may interest them whilst they are in the north Devon area. We have had a number of enquiries from tourist, particularly in the summer, who actively look for walks they can participate in whilst they are on holiday. This national network is really important as it provides opportunities for people to see and explore other parts of the country and meet different people. In the main members are passionate about the Walking for Health initiative as give enables people of all



abilities to take part in a walking activity, make new friends and take positive steps to improve their health.

North Devon Walking for Health Groups

Ilfracombe Walking for Health was set up in April 2010 as part of an Ilfracombe Healthy Town initiative. The group meet every Tuesday for walks in Ilfracombe and the surrounding countryside. Natural England trained volunteers to lead Level 1, 2 and 3 walks. Level 1 walks are ideal for those just starting to take up walking as a form of exercise to improve their health and fitness and from August 2011 will be led by Link Mental Health Services trained staff. Level 2 and 3 walks are longer explorations of the coast and countryside and offer people the chance to get to know each other and keep fit whilst enjoying the natural beauty of their surroundings. Two of the Ilfracombe walk



leaders received awards for Exceptional Service from Natural England for all the hard work they committed to the project as the volunteer group coordinators. They have been fantastic in planning and leading routes and pulling the quarterly walk programmes together. Walks are promoted via Ilfracombe Healthy Town website, Library, Council Offices, Devon Voluntary Services, GP surgeries, NHS Link Mental Health, Tyrell Hospital and Transform.

Following Walking for Health best practice Ilfracombe became an Accredited Scheme on 28 March 2011

Registered Walkers: 104
Trained Walk Leaders: 16

Pramblers is an off-shoot of Ilfracombe Walking for Health and is designed for parents with young children. It offers a free way to keep fit, meet other new parents and socialise. New mums can often find themselves excluded from healthy activities – often there is no one available as child care; gyms don't allow children, and volunteer led clubs don't have crèche facilities. The group was set up in January 2011 with the help of North Devon Voluntary Services and in April 2011 one of the Prambblers trained to become a volunteer walk leader. The group meet every Wednesday during term-time at 10.30am from My Start Children's Centre. A new programme has just been put together starting March 2012



Registered Walkers: 18
Trained Walk Leaders: 2



Barnstaple Walk & Talk is a friendly group of walkers leading health walks in Barnstaple. A new quarterly walk programme was implemented in March 2011 and is now distributed to the local library, museum and tourist information office as well as Barnstaple hospital and medical practitioners. Walks are held twice a week, usually lasting for about an hour and finishing with coffee at a nearby café. Tuesday walks start at 2pm meeting outside the main entrance to St John's Garden Centre. Thursday walks start at 10.30am meeting outside the entrance to Barnstaple Leisure Centre with these walks often taking in the estuary and Tarka Trail footpaths.



Following Walking for Health best practice Barnstaple became an Accredited Scheme on 11 May 2011.

Registered Walkers: 56
Trained Walk Leaders: 6

South Molton Striders were formed in 2010 as a result of a request from members of STRIDE (Strengthening Trails in Devon) and meet weekly on a Thursday for short walks of around 45 minutes; Mondays for walks lasting up to 1¼ hours and fortnightly for long walks lasting 3 hours with many of the longer walks taking place in and around Exmoor. They are an established and accredited scheme with their Volunteer Walk Coordinator Jim Isherwood providing strong support to the group. Jim was awarded an Exceptional Service Award in November for the exceptional way he coordinates the South Molton Striders as a volunteer, leading most of the walks himself, no matter what the weather all year round. South Molton Striders would not function without the support and commitment given by Jim Isherwood



Registered Walkers: 82
Trained Walk Leaders: 8

Combe Martin Walk & Talk was set up with Transform as a result of a Healthy Village month in Combe Martin in 2008. The group has grown from strength to strength since they produced their first Walk Programme in April 2009 with between 15 and 24 regular walkers each week. The group are accredited and meet every Thursday at 10.00am with an excellent range of walks available on their walk



programme. The social side of the walk is as important as the health benefits. Some group members are in their 80's and often manage the Level 3 walks. Brian Jones, Volunteer Walk Coordinator says "All our walkers have said that they appreciate walking on a Thursday, enjoying other peoples' company and gradually feeling a lot fitter, also enjoying some walks they never would have seen before with views and naturally, the interest of nature. They all, of course, enjoy having the social gathering at a suitable cafe afterwards. It has also given people a confidence boost, whether a walker or walk leader."

Registered Walkers: 47
Trained Walk Leaders: 12

Finance report

Summary is provided below and shows the total expenditure under each budget heading.

Walking for Health	Cost
Staff time	£8321.07
Project costs	£1860.07
Office costs	£1020.24
Management and Administration	£1343.28
Total	£12544.66

North Devon Walking for Health provided support for 5 groups across the area which translates as a cost per group of £2500 over the 16 month period. The investment made in these groups has provided them with the skills, motivation and resources to continue as viable groups into the future. However there will be ongoing costs for each group to find if they wish to continue in the same form, such as design and printing of the walk programmes, distribution and publicity of the programmes and ongoing walk leader training.

During the later stages of the project Transform has worked closely with North Devon Voluntary Services to ensure each group is aware of the support they can receive from the CVS in terms of how to run and manage a voluntary sector group and how to become a formal organization if they so wish. Combe Martin have their own bank account and have a committee structure whereas the other groups have been waiting for the news as to who will be awarded the Walking for Health contract from April 2012 before making a decision. There is no doubt that these groups will continue to need support if they are to flourish.



Torridge report

Target and Outcomes

The Walking for Health project required a number of targets and outcomes to be met as a condition of the funding. These were:

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6. Completion of Natural England Outdoor Health Questionnaire by walkers
7. Regular volunteer walk leader support meetings
8. Reimburse volunteer walk leaders for their expenses

The target results and outcomes are show as follows:

- Torridge Walking for Health has linked in with significant organisations such as heritage groups, Young Devon and carers groups, training their staff as Walk leaders enabling them to provide a number of client specific walks which include young, old, individuals with mental health or learning difficulties.
- Increased and included people who do little or no exercise or who are recovering from illness by introducing new walks and distributing the information to all health surgeries and hospitals in the Torridge area.
- Presentations have been delivered at Barnstaple preretirement seminars at North Devon Hospital and at the Torrington Occupational Therapy department to include people over the age of 65.
- Taster walks have been delivered for carer groups. Taster walks have also been delivered in surrounding villages to provide easy access to people who live in rural isolated places.
- Walking for health programmes have been widely distributed in medical centres, information centres, community halls and local newsletters
- Volunteers have been presented with Exceptional service awards for their dedication and dependability.
- Walk leader groups have participated in specialised walks organised on local farms, heritage trails and Exmoor.
- TTVS worked with Torridge Walking for health groups to achieve their accreditation status. Working with them to risk assess and add more walks to their programmes, offering specialist support by arranging farm, village and heritage town walks. This giving them a taste of the different type of walks that can introduced.
- A development worker at TTVS trained as a Cascade trainer to offer Walk Leader training not only to Torridge Walking for Health groups but to support training needs across Devon
- Regular contact with the groups was maintained offering support with printing promoting and monitoring, also delivering presentations and talks to inform and attract many marginalised groups on the benefits of walking for health



TTVS took on the project for the delivery of Walking for Health in Torrridge. There were two existing groups already delivering walks in the area, Holsworthy and Torrridge, neither group was accredited, or receiving any support to expand their walks. The Development Worker at TTVS worked closely with the groups to plan and risk assess new walks, produce, distribute and promote the walk programmes, recruit and train new walk leaders. They also promoted the walks at targeted audience and groups.

The Holsworthy Walk and Talk group meet every Friday for walks in Holsworthy and the surrounding countryside. Walks include Cookworthy Forest, Roadford Lake, Tamer Lakes and Dunsland Park. Volunteers have been trained by Natural England to lead Level 1, 2 and 3 walks. Level 1 walks are ideal for those just starting to take up walking as a form of exercise to improve their health and fitness and Level 2 and 3 walks are longer explorations of the beautiful coast and countryside. The walks offer people the chance to get to know each other and keep fit whilst enjoying the natural beauty of their surroundings. All walks are free. The Volunteer Walk Coordinator, has been awarded an Exceptional Service Award, for his outstanding dedication to the planning and organisation of so many lovely and interesting walks.



Registered Walkers 87

Trained Walk Leaders 7

Torrridge Walk and Talk

The Torrridge Walk and Talk group has gone from strength to strength. The group now meets three days a week on Tuesdays, Wednesdays and Thursdays leading walks around Victoria Park, Westward Ho!, Torrington and Instow. The social and emotional wellbeing benefits are just as important as the physical health improvements; all walks have the option of stopping for a coffee at the end of each walk. The Exceptional Services Award was awarded to David Morris for his commitment to the planning, risk assessing and leading of the walks no matter what the weather, with his ready smile and friendly welcoming manner.



Registered Walkers 91

Trained Walk Leaders 19



Finance Report

A summary of project expenditure is provided in the table below.

Walking for Health	Cost
Staff time	£8671
Project costs	£1146
Office costs	£1105
Management and Administration	£1880
Total	£12,802

TTVS received a number of small donations totaling £17 and recharged £284 to cover volunteer expenses which leaves a total expenditure of **£12,501**. The figures identified above are in line with the expected costs to deliver the project. TTVS provided in-depth and expert support for the Walking for Health groups and a member of staff trained as a Walking for Health cascade trainer. This project demonstrates value for money as costs were kept to a minimum by using the networks and partnerships supported through TTVS's Volunteer Centre and Voluntary Sector development.

Overview

One of the aims of TTVS involvement in the Walking for Health programme was to work with the volunteers during the coordination of the service and move the service towards becoming self sustaining going forward. Walk leaders were supported in this aim by providing them with the necessary information and access to training to help them towards this goal. TTVS has provided the volunteers with a range of tools including, a sample small charity constitution and example objects for a health/sports group. Roles descriptions for trustees including chair, secretary and treasurer were provided alongside guidelines for setting up a group and running meetings. In terms of support regarding funding, both Holsworthy Walk and Talk and Torridge Walk and Talk groups were provided with the TTVS small local funders pack (this lists a range of local small trusts and their contact details) as well as a good practice template for an A4 funding letter. TTVS development worker provided the group with guidance around governance and the pros of cons of setting up a new community group.



Joint working between North Devon and Torrridge – Walk Leader training

A key aim of the project for both North Devon and Torrridge was to increase the number of qualified walk leaders across the area that can support and develop future walk programmes. Given the limited number of walk leader cascade trainers available and the cost of delivering such training, both Torrridge and North Devon have worked together to combine training programmes, development and in-depth support of groups. Davey Johnson and Jenny Fish, qualified walk leader cascade trainers, have delivered 3 training sessions across the area. This joint working has demonstrated the potential to combine the support and administration in the future to support Walking for Health in north Devon should funding be secured.



Walking for Health Participant Survey Results North Devon and Torridge

The aim of this survey is to determine the impact of the Walking for Health project on the membership of walking for health groups across North Devon and Torridge.

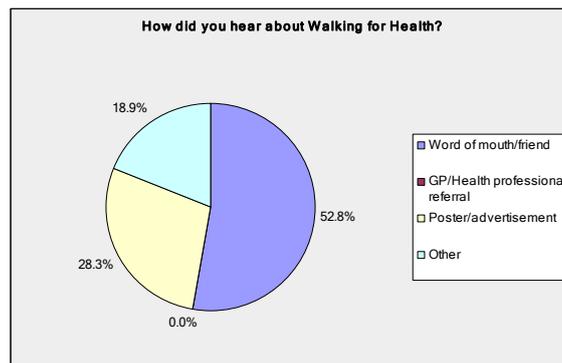
A detailed survey was developed using Survey Monkey and a range of open and closed questions were used to capture and analyse the impact of the Walking for Health programme. It has not been possible to write to all those members who have not registered an email address with the project as the cost of postage was prohibitive.

Survey Monkey is an online survey tool which enables participants to complete the survey online. 223 members were emailed and 53 responded giving a 23% response rate.

Question 1

How did you hear about Walking for Health?

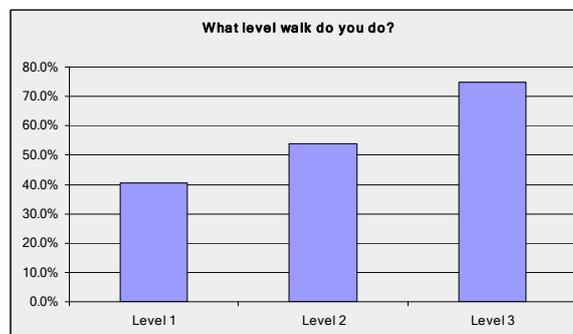
The pie chart below shows that 52.8% of members heard about Walking for Health through word of mouth and 28.3% via posters and advertising. 18.9% heard via a variety of different sources including online information, Voluntary Sector organizations, Tourist Information Centers and meetings. No one indicated that they had been referred by a GP or health care professional.



Question 2

What Level of walk do you do?

The bar chart below show that of the 52 people that responded 75% attended level 3 walks, 58.8% attended level 2 walks and 40.4% attended level 1 walks. Members did not exclusively attend one particular level of walk and most focused on levels 2 and 3.



Question 3

Do you feel your physical health has improved as a result of attending these walks?

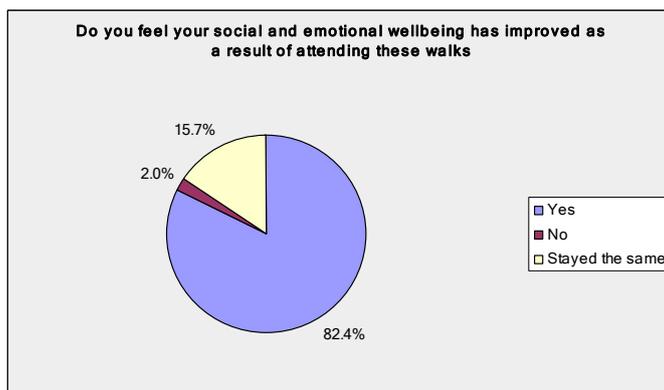
The bar chart below demonstrates that 61.5% of respondents felt that their health had improved and 38.5% felt that it had stayed the same during the period of the project. This indicates that members found it easy to participate in walks on a regular basis to maintain and improve their physical health.



Question 4

Do you feel your social and emotional wellbeing has improved as a result if attending these walks?

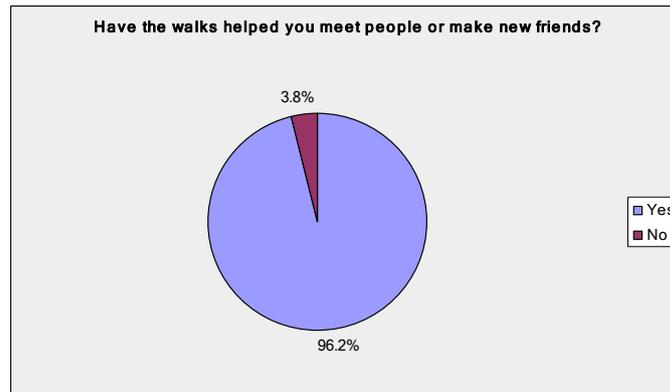
The pie chart below shows that 82.4% of respondents felt that their social and emotional wellbeing had improved whilst 15.7% felt it had stayed the same and 2% felt there had been no improvement. Looking at these results it is evident that members benefit more from social and emotional wellbeing improvements than from the increase in physical health although both demonstrated significant improvement.



Question 5

Have the walks helped you meet new people and make new friends?

The pie chart below shows 96.2% stated that they had met new people and made new friends whilst 3.8% felt they hadn't. This project has enabled individual Walking for Health groups to get together on joint walks and training which as widened the social interaction between members. There is now a good network of support and between groups and the walk programmes link where possible.



Question 6

If you have answered yes to questions 3, 4 or 5, how do you feel the walks have helped?

43 participants responded. The comments below are selection highlighting the benefits that the programme has had.

"I feel the walks have helped by giving me more energy and reducing my stress level. They have also helped me to manage my weight, which in turn has made me feel better about myself and I've made new friends."

"more positive attitude towards everything, made new friends and feel more sociable as i live on my own. i feel pretty fit and can keep up with most people. much nicer to walk with company and like minded people."

"I started walking when I was physically and mentally at a low point in my life. The walks helped give me a purpose and the chance to meet people in small groups with no pressure. At present I am not attending WFH walks but hope to do so again soon, as I enjoy walking in company. Since starting walking I have sold the car and now walk + - 2 miles on a daily basis."

"I can walk further and faster and enjoy the social aspect afterwards at a local pub for a cuppa and a chat."

"The benefits are enormous, for improved health, sociability and fresh air. - Fantastic!"

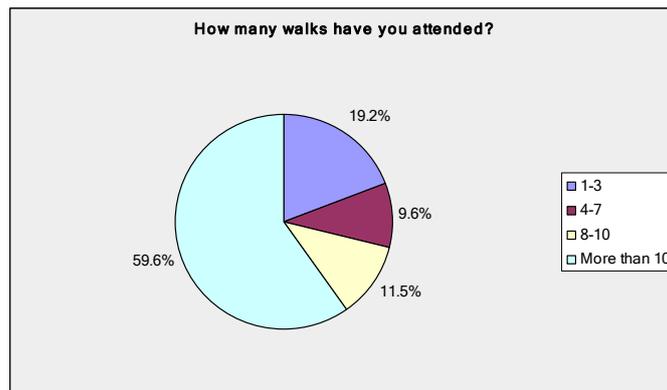
"Having suffered from severe depression, I found that getting out and making myself talk to people whilst walking I felt more confident and supported, and look forward to going out on the walks. I am always surprised and how friendly people are."

"Tremendously. I formed South Molton Striders coz of a lack of FREE walking groups in the area."

"Have made dozens of new friends. Very grateful for W f H."

Question 7
How many walks have you intended?

The pie chart below shows that nearly 60% of all members have attended more than 10 walks since joining their group and 80% have attended more than 7. All groups report that most of their walks contained in the work programme are well attended. Walks during school holidays and winter months tend to have reduced numbers and very few are cancelled due to lack of attendance or poor weather



Question 8
When was the most recent walk that you attended?

The bar chart below show that just over 50% of walking for health members have attended a walk within the last week and over 70% in the last month demonstrating that participants regularly attend a walk.



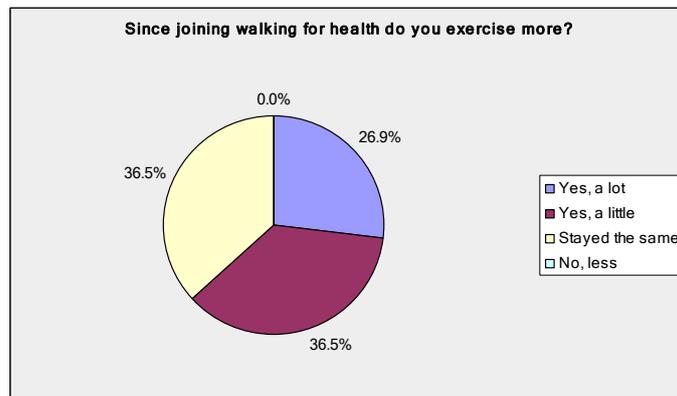
Question 9
What did you like about the walks?

45 people responded and a selection of their key comments are listed below.

- “good company and finding paths I would have missed on my own.”*
- “fantastic scenery enjoyed by all.”*
- “company, sense of achievement and helping yourself”*
- “to improve your health and well being.”*
- “Being encouraged to walk in a few different places and perhaps further than I would have”*
- “Views of the sea, ,fresh air, looking at flowers/bird life, chatting to new people. Finding new routes I havent walked before”*
- “Nice variety in very beautiful areas”*
- “I have visited new areas I hadn't been to before.”*

Question 10
Since joining Walking for Health do you do more exercise?

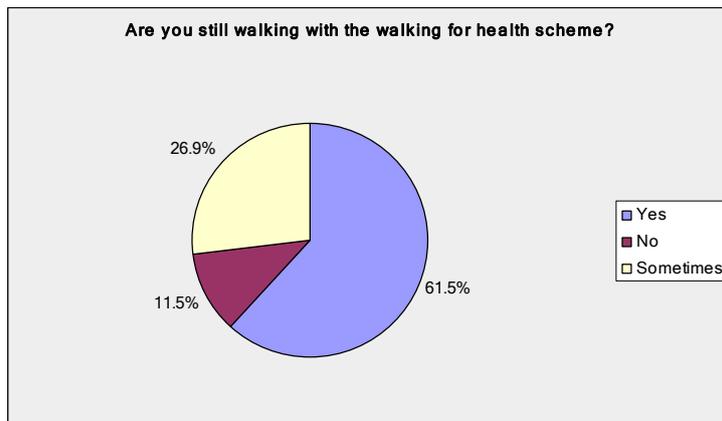
The pie chart below highlights that over 63% of participants take more exercise now than they did before they joined walking for health.



Question 11
Are you still walking with the walking for health scheme?

88% of members as shown below still attend walking for health activities on a regular or occasional basis. 61.5% attend regularly.





Question 12
If not, is there a reason why?

16 responses to this question were registered and explain why participants lonely attended occasionally or not at all.

“too slow and not fast enough walking, so joining the ramblers”

“I hope to do more when I have more time in future.”

“I can only go during school holidays.”

“my arthritis has gotten worse and I cant walk far and am in constant pain”

“Yes I have a back injury and am just waiting to recover and then I shall be out walking again.”

“It is difficult due to my day job and the timing of the schemes. I also work weekends which makes it difficult.”

Question 13
Is there anything else you would like to tell us about your experience of Walking for Health?

28 responses were recorded

“loverrrly people, helpful and friendly and would do more higher level walks (5-10 miles) if available, but for getting to know a new area (we moved in 3 months ago) are crucial to experiencing walking in new places, so thank YOU”

“feel very lucky to have the opportunity to belong”

“to the group, it has definitely helped my confidence.”



“just to thanks the leaders of the group I walk with, who are so dedicated and friendly.”

“Would like at least one of the walks to be a little longer.”

“It is a very good idea & needs more advertising”

“I believe it is an invaluable asset to the community and to an individuals mental health and general well-being.”

“More different routes and introduce a level 4”

“Please keep them going, Shame the mini bus has stopped which aloud us to go further afield and to places where there is no public transport”

“Don't lose sight of the fact that these walking groups are led by volunteers. We don't do it for money but for community spirit. We NEED your support. Thanks.”

Conclusion

The response from participants demonstrates the enthusiasm for the Waking for Health programme and the benefits they have derived. By imbedding this project within existing organizations and activities it has been possible to widen participation and extend the range of walks on offer in local communities. In particular we have been able to introduce previously inactive people to the benefits of walking, build their confidence and motivation to progress through to higher levels of walks. The survey demonstrates the importance of the social interaction and its impact on wellbeing. North Devon and Torridge now have 7 Walking for Health groups that provide a wide range of walks across the whole that any resident can join.



Ken and Chris Chadwick
Exceptional Service Award

Appendix 1 - North Devon

Target WfH groups accredited	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb
Ilfracombe	March			
Combe Martin		June		
South Molton	November			November
Barnstaple		May		

Target 20% increase in numbers attending WfH walks	Pre Nov 2010	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Average	Difference	% increase
Ilfracombe	0	207	314	190	122	208	208	
Combe Martin	233	238	369	282	332	305	72	30.9
South Molton	0	187	341	283	234	261	261	
Barnstaple	182	284	383	396	176	310	128	70.3
Total	415					1084	669	161.2%

Target 20% increase in Volunteer Walk Leaders	Pre Nov 2010	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total	Difference	% increase
North Devon	15	22	2	2	1	27	12	80%

Target Maintain number of WfH walks	Pre Nov 2010	Total no. walks	Difference
Ilfracombe	4	6	+2
Combe Martin	4	4	=
South Molton	6	10	+4
Barnstaple	8	8	=

Target 12 hours of in-depth support per group	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total no. hours
Ilfracombe	2	2	4	4	12
Combe Martin	2	2	4	4	12
South Molton	2	2	4	4	12
Barnstaple	2	2	4	4	12

Target WfH questionnaires completed	Pre Nov 2010	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total
Ilfracombe		40	32	26	9	107
Combe Martin	11	10	7	7	10	34
South Molton		37	26	11	11	85
Barnstaple		1	15	14	3	33
Total	11	88	80	58	33	259

Target Volunteer Walk Leader meetings		Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total
Ilfracombe		1		1	1	3
Combe Martin		1		1	1	3
South Molton		1		1	1	3
Barnstaple		1		1	1	3

Appendix 2 – Torridge

Target WfH groups accredited	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb
Holsworthy			October	
Torridge		May		

Target 20% increase in numbers attending WfH walks	Pre Nov 2010	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Average	Difference	% increase
Holsworthy	233	286	329	386	283	321	88	37.8%
Torridge	308	345	400	382	397	381	73	23.7%
Total	541					702	161	29.7%

Target 20% increase in Volunteer Walk Leaders	Pre Nov 2010	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total	Difference	% increase
Torridge	10		8	7		15	5	50%

Target Maintain number of WfH walks	Pre Nov 2010	Total no. walks	Difference
Holsworthy	4	4	=
Torridge	10	16	+6

Target 12 hours of in-depth support per group	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total no. hours
Holsworthy	2	2	4	4	12
Torridge	2	2	4	4	12

Target WfH questionnaires completed	Pre Nov 2010	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total
Holsworthy	14	9	7	6	14	36
Torridge	12	15	30	11	11	67
Total	26	24	37	17	25	113

Target Volunteer Walk Leader meetings	Q1 Nov/Mar	Q2 Mar/Jul	Q3 Jul/Nov	Q4 Nov/Feb	Total
Holsworthy	1	1		1	3
Torridge	1	1		1	3

