

Royton and Shaw & Crompton Districts Public Health Project Proposals

Name of project: Lets Go for a Walk

Project owner: Anne Fleming

What is the idea?

The idea is to support and encourage walking within Royton, Shaw & Crompton in order to provide opportunities for low level, sustained physical activity. This, it is hoped, will help residents to become more physically active, allowing them to meet national guidelines on physical activity; it will also help people manage their weight & increase opportunities to socialise in the fresh air. The project will also increase use of Parks and green open space within the district and beyond. The project will also link in to other pieces of work with the district e.g. Slimmin without Women.

We will:

- Pull together current stakeholders to better co-ordinate and market opportunities for residents who want to do more walking, but don't know where to start. Includes Oldham Countryside Service, OCLL, Health Improvement, community groups (both formal and informal).
- Refresh and update publicity for existing walking routes
- Publish new walking routes, to include the district centres.
- Train 10 walk leaders
- Support walk leaders to plan and organise community walks
- Publicise walk dates, routes and walk leader training through facebook, community forum, local community organisations.
- Hold a supply of poles and pedometers for use by any group of walkers.

Estimated costs?

- Walking poles - adjustable - adults X20 = £500

- Walking poles - children (under 12) x10 = £80
- Pedometers - x 20 = £180
- Refresh & reprint of current district walking leaflets £890
- Design, print of leaflets & advertising for new walk routes including district centre walks - £1000
- Walk leader training - 10 leaders trained = £250

Total cost - £2400

Who will benefit? Residents of Royton, Shaw & Crompton - elderly people, families, people with weight and/ or physical inactivity issues.

How Many residents will benefit?

Walk leader training - 10

Leaflet beneficiaries - 7000

Pedometer beneficiaries - 200 (used by upto 20 groups of 10)

Walk participants - 50 in the first year

What impact do we expect and how could we measure it?

We expect the impact

Impact will be measured by:

- Number of residents becoming trained walk leaders
- Number of community led walks provided
- Number of people taking part in walks
- Number of leaflets handed out