



### End of project impact report

Grant Awarded: £360

Date Awarded: March 2018

#### Organisation Details

Name: Selby Health Walks

Address: 23 Coupland Road, Selby

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Postcode: YO8 3GE

#### Project Details

Project Title / Description: Walk Programme Printing and Public Liability Insurance Cover

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Contact Name: Mr David Walker

**IMPACT REPORT FOR PERIOD - March 2018 to March 2019**

**Q1 In no more than 500 words please outline the key outcomes of your project.**

**Programme Printing:** The production of our quarterly programmes and their distribution in local outlets enables us to reach a wide group of mainly older people, some of whom do not subscribe to social media. In doing so, our regular and varied local walks continue to attract new walkers from this group. These include those wishing to become more active, those wishing to maintain activity levels in a social environment, regular walkers wishing to downgrade from other more difficult walking groups and those who appreciate activity in a safe group setting rather than walking alone. A professionally produced programme, with its varied selection of walks, is considered to be one of the main drivers in maintaining a successful and popular group. There is no formal membership of Selby Health Walks and its informality is thought to be its strong point. Programme advertising of walks as being cost-free at the point of delivery is considered to be an essential inducement to encouraging attendance and which a Grant has enabled. In 2018 we had 156 walkers, where the group mileage over the year was approximately 3,500 miles. Although several of our regular walkers have now left our group and are walking with Selby Leisure Centre, we have attracted 65 new walkers, many of whom continue to walk with us in 2019.

**Public Liability Insurance:** Part of the grant money has been used to renew this for a further 12 months and this has maintained the confidence of our volunteer Walk Leaders and our walkers that the group is insured against claims. Fortunately, no claims have arisen but maintaining this cover is considered best practice and has encouraged Walk Leaders to continue leading walks.

**Q2 In no more than 500 words please demonstrate how the project has met the Community Development Plan objectives that were identified in the original application for funding.**

**Objective 1: Health and Wellbeing:** The maintenance of our varied programme of walks which are free and the continued regular attendance by long standing walkers, together with newcomers demonstrates the need and popularity of our organisation. This, together with regular feedback from the walkers many of whom regularly comment that they always look forward to joining the walks and being out in the open air, gives us the confidence that we are providing a beneficial and welcome service which can be enjoyed by people of all ages and fitness levels. Our group continues to support Selby Leisure Centre in promoting their regular programme of short, easy starter walks within Selby Town itself and attendance at these walks has reached a maximum of 17 to date. These walks are aimed at encouraging people to become involved in a more active lifestyle be they recovering from illness or other issues or simply wishing to take more exercise. We now have walkers who walk with both groups. Many of our older walkers are single and live alone. They have joined our friendly group to escape loneliness and isolation and for the benefits of gentle exercise, meeting people and making new friends.

**Objective 2: Promoting the Economy:** A selection of our walks continue to attract walkers into Selby Town where they either shop before or after a walk and usually visit a local café for refreshments. Further afield, in Selby District some of our walks start and finish at a local hostelry or café where many of the walkers adjourn afterwards for refreshments. Our annual Christmas walk and meal which is held at a local hotel or other venue in Selby District was attended this year by 60 diners and our annual away day used a local coach hire company to take 40 walkers to Skipton.



**Q3 In no more than 250 words please give details of any additional benefits or objectives that the project has met that were not anticipated/ outlined in the original application for funding.**

**Additional Benefits:**

Our working relationship with Selby Leisure Centre has resulted in advertising their Health Walks in our walk programmes and displaying these programmes at the Leisure Centre. This has helped to improve attendance at both walking groups.

The Management structure of our group has been altered to involve all Walk Leaders which has simplified and improved our decision making progress.

**Any other comments on the project and its success:**

Our group success over many years is down to the hard work and commitment of all our volunteer Walk Leaders and to the encouragement of our walkers but, for various reasons, our number of Walk Leaders has diminished recently which has impacted on the number of walks provided. We actively encourage walkers to train as leaders and will continue to do so. It is important that the high profile of our group is maintained in order to encourage new Leaders and to retain the organisational benefits for participants, both regular and new. This will ensure that the group continues to provide enjoyable walks with their associated physical and mental health benefits.

Obtaining Grant funding has enabled us to finance the ongoing major cost items of walk programme printing together with maintaining public liability insurance cover. Without this help we almost certainly would have to charge an annual membership fee or charge per walk. Currently there is no formally enrolled membership, thereby helping, in part, to meet our GDPR obligations. The simplistic nature of the organisation does not require administrative procedures in terms of personal documentation and accounting in respect of membership fees, which would be difficult to administer. Consequently, the group has always sought external financial support to operate and without which it would likely fold. Membership fees are thought to deter walker attendance and would also present difficulty in attracting new walk leaders where the increased level of accountability would deter them from volunteering.

We do carry a small reserve fund provided by self-generated income which enables us to cover any incidental costs such as training, consumables and meeting room hire, all of which help to maintain a successful group. Our total project expenditure for the 12 months period amounted to £321.60 compared to £360.00 requested and granted. This difference is because our original estimates included an expected increase (inflation) in costs. However, these did not materialise so we have currently ring fenced the difference pending advice from the Central CEF.