



# WALKERS ARE WELCOME



Towns and villages with something special  
to offer all walkers

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NEWSLETTER JUNE 2015

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## Red-letter day

We are having a 'red-letter day' because we have some very special news to celebrate. Walkers are Welcome is now a **Community Interest Company**. That is a not-for-profit company limited by guarantee, Company Registration No. 9582967. The Articles of Association have been loaded onto the [website](#). This has been a long process firstly investigating charitable status and then opting for a not-for-profit company. Over the coming months you may see a few alterations to the website and documentation to reflect this change but largely there will be little variation with directors and committee members rather than just executive committee members but all will still be subject to annual election.

## Disley and David Rutley MP



On Saturday 16<sup>th</sup> May one of our executive committee members, Chris Prescott went along to Disley Footpaths Society's launch of their Walkers are Welcome accreditation status to help them mark the occasion.

We were delighted to see David Rutley MP was also able to attend. David is a Co-Chairman of the All Party Mountaineering Group and a long supporter of WaW. David Rutley MP said:

*"It is great to see Disley become part of the Walkers Are Welcome initiative. I would like to thank all those who have worked so hard to make this possible – they have my full support. At a time of growing physical inactivity across the country, it is vital that we see more schemes like this get started. It is good for health and wellbeing, and it is also good for Disley's local businesses, so everyone involved benefits."*

Pictured with the banner: Cei Paynton (Lyme Park NT manager), Chris Prescott WAW, Tony Jackson (chair Disley WAW), David Kidd (Parish council), David Rutley MP

## Northern Mini Get-Together

On behalf of Walkers are Welcome, Kirkby Stephen will be hosting a short event on Monday 10<sup>th</sup> August. The idea is to gather representatives from northern towns for the purpose of networking and best practice but you may use it as an excuse to visit the Westmorland Pennines on the eastern edge of Cumbria for a day trip or even stay overnight to enjoy the area and varied walking on offer. [Accommodation](#) is available from the independent hostel to the luxury of a castle and all beds in between.

The theme of the event is 'Achievements through Partnerships' and there will be a number of Kirkby Stephen's partners attending. After coffee, we will be off on an approximately 3 mile low level guided walk highlighting some of Kirkby Stephen's facilities, delights, successes and problems with a fact sheet. This will be followed by a free networking lunch after which you may stay and chat or explore the town and area at your leisure. A number of the national committee will also be in attendance and available for discussion. Booking details have been loaded on the WaW [website](#) and the closing date for your free places is 31<sup>st</sup> July, 2015.

Don't forget the National Get-Together is in Sidmouth, Devon on 24<sup>th</sup> and 25<sup>th</sup> October 2015. Details are being added to the [website page](#) as they become available. We sincerely hope many of you will be able to join us for this late seaside break.

## 'Helping you find a way'



On 13<sup>th</sup> May, [The One Show](#) did a feature with Ordnance Survey informing us amongst other facts that OS make an incredible 10,000 updates per day. There is also a competition to design ten new map symbols.

One particular item that was interestingly tweeted recently was that pylons and electricity lines are included on OS maps which can be a more unusual navigation aid.

Over the next 12 months, OS are replacing all 607 of their current map titles. The first will be the OS Explorer, OS Landrover and OS Tour series with a new design and an additional mobile download of the map accessible at no extra cost. The first will be the OS Explorer Outdoor Leisure which will be available from 10<sup>th</sup> June.

Congratulations to Dave Pickersgill, Secretary at **Stocksbridge Walkers are Welcome** who has won a photographic competition with OS and this image will appear on the new Stocksbridge and Barnsley OS edition due out in July, that should put Stocksbridge on the map (sorry). There is still a chance to send in your images for this competition [OS Photofit](#).

For further Ordnance Survey news and innovation have a look at their [website](#) which highlights their great strap line 'Helping you find a way'.

## Red Squirrels

Possibly quite appropriate this month, with this red theme, we are delighted to learn that Red Squirrels are to be included in the new Countryside Stewardship Higher Level Scheme that will be introduced this summer to replace the Woodlands Improvement Grant Scheme (WIGs) from the Forestry Commissions. A Management Plan is required and it is recommended that the control of greys is included. Grants of up to £100 per Hectare for woodland greater than 3 Hectares are available.

It was been wonderful to see pockets of success increasing the number of Red Squirrels where greys have been managed and much like any other furry creature, visitors love them becoming a tourist attraction in their own right. That said, in areas where greys dominate, these are just as well loved and often not so timid.

## Tour de

Local, national and international cycle events are on the increase and it is often the same volunteers locally who get involved in these occasions as are interested in walking or may even be WaW steering group members. In the rush to organise the tour coming through, painting cycles, putting up bunting, refreshments and crowd control, don't forget to include some walks within your 'Tour de' programme. Adding walks or a walking display to any local event is an easy way to reach an increased audience

## Health Walks

Many of us already have some form of health walking group which is brilliant for local people and the social benefits are usually a very important part of this activity bringing together many people that might otherwise be socially isolated who make new friends. Harson & Jones, British Journal of Sports Medicine have issued:

### Joining a walking group leads to.....



- Reduced Blood Pressure
- Reduced Heart Rate
- Reduced Body Fat
- Reduced Waist Circumference
- Reduced Depression

You can set up a group yourselves using the same principles, safeguards and insurance as for any other walk group or partnership with another organisation that specialises in health walks and often have free training, resources and insurance e.g. [Walking for Health](#) [Walk4Life](#) or [GoGreen4Health](#) We also have a WaW [Prescription Walks Factsheet](#) for you to download.

Subway have been working with Heart Research UK and Subway staff and customers have raised funds to offer a grant scheme for Healthy Heart activities. Details are on the [website](#). There are still pockets of funding

aimed at Health and Wellbeing in some areas that can be perfect for starting a walking with health in mind group.

## Awards

The Paths for All – Community Paths Grant Fund 2015 is accepting applications from groups across Scotland that seek funding to improve and promote their local paths. Constituted groups, community councils, development trusts, community woodlands and health walking projects in Scotland can apply for grants of up to £1,500 as long as they can complete their project by 31 December 2015. See the Paths for All website.

If you have completed an innovative project that you are particularly proud of, why not enter it for an [Idox Innovation Award](#) with five categories and £3,000 prize money per category. This is also an interesting way to evaluate your project.

Campaign for National Parks have launched their [Parks Protector Award 2015](#) which is open to individuals and groups that are delivering projects, campaigns and activities on one of the thirteen National Parks. The winning Park Protector will receive £2,000.

Good luck.

## Membership update



**Whitchurch**, Shropshire have new signs at their railway station, see photograph opposite.

**Monmouth** Walkers are Welcome, Monmouth County Council and Chris Grove, the publican at the Robin Hood pub have worked together to install a new boot cleaner in the beer garden at the Robin Hood. For further details and a photo see our [news section](#).

The **Stocksbridge** 'Walkers are Welcome' group has added more downloadable walks to their website. There are now thirty six sets of detailed instructions for walks in their local area. Have a look at their varied list of ['Local Walks'](#).

On April 28th the **Llandoverly** Walkers are Welcome group inaugurated a new walk to raise funds for Kidney Wales. Again, this has been featured on our [website news](#).

Keep your news coming.

## Note from the Chairman



When Sam Phillips visited Kirkby Stephen recently he remarked that there were so many hidden gems that he had not seen before on previous visits and that there are so many beautiful corners in our Walkers are Welcome towns that we do not know of or publicise.

Sam spends a lot of time enjoying the UK landscape and would be delighted to come to your town and meet you while seeing your scenic highlights. Just send him an invitation to see if it is possible. We would like to see some photos of your favourite spots, these can be used for future promotions as well.

Pictured: River Eden, Stenkrith, Kirkby Stephen.

## Finally this month .....

Remember that you don't need an enormous committee working 24/7 to have some fantastic successes. Through partnership working with like-minded organisations, resources and man-power can be shared. Working together also raises the group's profile. Quirky ideas and innovation often make successful advertising projects and make everyone smile.

Why not share this newsletter with all your steering group, Town/Parish Council and other partners. (The Membership area links obviously will not work without the password and are for WaW groups only)

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