

Walk Glasgow

Delivered by: LA, NHS, Other

Savings to: LA, NHS

'Walk Glasgow', a partnership project funded by Glasgow Life, NHS Greater Glasgow and Clyde and Paths for All. The purpose of the project is to, 'Develop and promote walking opportunities across Glasgow, targeting groups least likely to take regular exercise, in order to increase physical activity levels and improve the health and wellbeing of city residents'.

Glasgow Health Walks consisted of open walking groups that were delivered on a weekly basis and closed walking groups that met at frequent intervals. Open walks, are open to all and consist of led walks at an easy pace which last about an hour. Open walks are run by volunteer walk leaders who are unpaid and are usually recruited from the walkers in the group. Closed walks are restricted to certain groups of participants. Each walk is targeted at a particular client group e.g. hospital inpatients, people with learning disabilities, members of ethnic minorities and individuals referred by medical practitioners. The majority of walks support individuals who have experienced mental or physical challenges. Where appropriate, participants in closed walks are encouraged and supported to move onto open walks as their personal confidence and abilities increase.

Walkers and walk leaders are fitter and have improved physical health as a result of becoming more regularly physically active, have more social contacts and are more confident, experience less isolation and take part in new experiences. Walkers feel safe and comfortable and are able to take part in outdoor physical activity in their local green space by being part of a group, and can participate in a supported programme that encourages them to progress and to achieve a greater sense of personal satisfaction.

They are able to interact with others from different cultural and social backgrounds and to gain a better understanding of ethnicity and disability. Walk leaders have improved self-esteem and a sense of worth as they feel valued by the community and they are able to gain new practical and social skills.

Extract taken from

Prevention: A Shared Commitment

LGA

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[http://www.local.gov.uk/documents/10180/6869714/Prevention+-+A+Shared+Commitment+\(1\).pdf/06530655-1a4e-495b-b512-c3cbef5654a6](http://www.local.gov.uk/documents/10180/6869714/Prevention+-+A+Shared+Commitment+(1).pdf/06530655-1a4e-495b-b512-c3cbef5654a6)

Further resources:

www.pathsforall.org.uk/component/option.com_docman/Itemid.69/gid.774/task.doc_download/