

# footnotes

Spring 2014

Paths for All Volunteer Newsletter

**Inside:  
Praise for our  
valuable volunteers**

**Plus:**

- Beating cancer
- Path groups make a difference

Incorporating

**Local People  
Local Paths**

[www.pathsforall.org.uk](http://www.pathsforall.org.uk)

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FOR A HAPPIER,  
HEALTHIER SCOTLAND

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**Stop press... Stop press... Stop press...**

**Watch out for details of our Big Fit Commonwealth Walk in June.**



## Dear reader

Welcome to the Spring edition of Footnotes. It's full of inspirational volunteers like you, who are getting everyone, everywhere, walking everyday.

Our five volunteer award winners are featured on page 11. However, I think all volunteers involved in getting Scotland walking are champions.

We began 2014 by launching our new partnership project with Macmillan Cancer Support – find out more on page 6. We are developing an interactive Step Count Challenge website to log each workplace teams' walking progress. We expect the walking competition to reach new levels this year. I hope you and your workplace enter a team. See page 4 for more details.

The difference paths groups and their volunteers are making is fantastic. Read about what five groups have achieved with our funding on page 15.

I really do hope you enjoy 2014 in the spirit of the late Nelson Mandela:

"Tread softly,  
breathe peacefully,  
laugh hysterically.

Thank you for your support.  
It's invaluable.

*Ian Findlay*

**Chief Officer**



### Cover story: One in a million

Pictured front right is Volunteer Walk Leader Reta Inch, aged 84, with walkers from Lesmahagow Health Walks, organized by Healthy Valleys. Reta has been leading walks for over 10 years. She is described as: "A shining star" and "One in million" by Simone Janse van Rensburg of Healthy Valleys in South Lanarkshire. Reta has made a big difference to her community by ensuring there is regular activity that is open to all, no matter age and fitness level. Well done Reta.





# In the news...

## Meet our new Development Officer

John Duffy is our new Development Officer for the Local People Local Paths programme. He told Footnotes about his skills and interests.

"Throughout my working life I've worked with and supported people and community groups to develop and deliver projects and partnerships that make a difference to their daily lives and the communities they live in. Previously, I've worked as an Outdoor Access Officer and as a community development worker.

In my spare time I'm involved with my local Community Council and Development Trust, as well as a number of community groups within West Fife, where I live.

People have always been at the heart of everything I do, so if you have a community path project you need help with please get in touch with me on 01259 222 392 or [john.duffy@pathsforall.org.uk](mailto:john.duffy@pathsforall.org.uk)"

## Bags of funky designs

We now have an online shop and to celebrate you can win a Tote bag worth £12.50 when



you answer: How many footsteps are pictured in our t-shirt design, above? See page 16 for competition entry details and closing date.



We have other great designs for you to choose from on a wide selection of products such as

t-shirts, jackets, water bottles, mugs and bags. You can even upload your own designs or logos too. Please visit [www.pathsforall.spreadshirt.co.uk](http://www.pathsforall.spreadshirt.co.uk) to gear up your walking.

## Living it Up

A new health, care and wellbeing project aimed at helping people to take better care of themselves is being piloted in five Scottish regions.



The three year project, called *Living it Up*, will deliver innovative and integrated health, care and wellness services, information and products via familiar technology enabling people to care for themselves and others. It's being developed jointly by local health boards and councils across Lothian, Forth Valley, Highland, Moray and the Western Isles and is aimed at the over 50s.

For more information, visit [www.livingitup.org.uk](http://www.livingitup.org.uk)



## Photo competition

Your picture of Glasgow's Commonwealth Woods could feature in the Glasgow Evening Times 2015 calendar. Find out more about the 'Inspired by my local woods' competition at:

[www.commonwoods.org.uk](http://www.commonwoods.org.uk)

## Single pedometer pack... seeks partner

Want to walk more? Then come and meet the new pedometer pack that will inspire and motivate you to pull on your walking shoes! Aimed at the independent walker, our pack contains a quality Silva pedometer, a structured 12 week walking programme and a walker's guide and diary.

Come and meet the pedometer pack now:  
[www.pathsforall.org.uk/pedometer](http://www.pathsforall.org.uk/pedometer)



## Step up for a challenge

Our popular Step Count Challenge starts on the 28th of April and runs for eight weeks, until the 22nd June.

Now in its fourth year we have created a website for teams to track their progress online. The challenge is designed to encourage employees to be more active during their working day. And have fun!

Our challenge is a great way to get in shape for your summer holiday. Don't delay, register your office team at  
[www.stepcount.org.uk](http://www.stepcount.org.uk)



## Walking all over the world

Looking for something to put a spring in your step? Why not join World Walking; your virtual ticket to some of the greatest (and sunniest and warmest!) places on earth.

Launched last October by the Inverclyde Globetrotters, World Walking offers a simple, free and fun way to explore exciting cities and far off lands as you walk to work, walk with friends or walk to health.

Over 360 people have now signed up. The most popular destination so far is Machu Picchu, the famous World Heritage Site high in the mountains of Peru. If you would like to find out more go to: [www.worldwalking.org](http://www.worldwalking.org)



Pictured at our Volunteer Award ceremony are Kevin Hutchinson of Inverclyde Council Community Health and Care Partnership, Duncan Galbraith founder of World Walking and Inverclyde Globetrotters, Karen Haldane Chief Executive of Your Voice Inverclyde Community Care Forum, with Greenock and Inverclyde MSP Duncan MacNeil.

## Take a space walk

If traveling the world is too mundane for you head to the moon! There's a choice of distances this year for the 2014 midnight MoonWalk on 7th June leaving from Inverleith Park, Edinburgh.

- New Moon – 6.55 miles
- Half Moon – 13.1 miles
- Full Moon – 26.2 miles
- Over The Moon – 52.4 miles!

Get a team together; set your galactic target; walk everyday; decorate your bra; and have a blast.



Walkers having a great time.

Volunteer marshals are also needed. Sign up at:  
[www.walkthewalk.org/moonwalkscotland](http://www.walkthewalk.org/moonwalkscotland)

## Running the show

Well done to Glasgow Health Walk's oldest Walk Leader Bill Rossine, aged 89, who ran the North Glasgow 5k with his daughter. Several other Walk Leaders also acted as volunteer marshals on the day.





## Path advice service

Have you an idea for a path project but don't know where to start? If so, our One Stop Shop service can help you.

We can:

- Offer advice to improve your local path network
- Visit your project
- Show you how to survey a path
- Help you plan what needs to be done and when
- Organise training for your group, if you need it
- Discuss options for signs on your path
- Talk you through how best to promote your path
- Advise you on the best type of path for your area
- Help you make sure your path will last



Contact our One Stop Service on 01259 218 888 or email: [localpaths@pathsforall.org.uk](mailto:localpaths@pathsforall.org.uk)

## Creating an active workforce

If you need any ideas on how to promote active travel in your workplace visit

[www.pathsforall.org.uk](http://www.pathsforall.org.uk) and click on the "Take Local Action" section to read our active travel case studies.

They feature organisations promoting walking or cycling initiatives.



## Drovers' Tryst walking festival

The Crieff and Strathearn Drovers' Tryst held another successful walking festival in October, with over 360 walkers taking part in 33 walks and over 155 volunteers helping out.

The festival is one of Scotland's largest walking festivals and celebrates the rich history of Crieff when it was once the centre of the cattle and droving trade. It wasn't just walking; there were also Hairy Coo mountain bike races and many social events.

This year's festival will run from 11-18 October. Over 35 guided and graded walks are on offer ranging from challenging mountain routes to easier themed walks enjoying the spectacular Perthshire countryside.

You can find out more about the festival at [www.droverstryst.com](http://www.droverstryst.com) or if you are interested in helping you can email [info@droverstryst.co.uk](mailto:info@droverstryst.co.uk).



Photographed beside the River Tweed at Cardrona Forest near Peebles is the Walk It Innerleithen Health Walk Group.

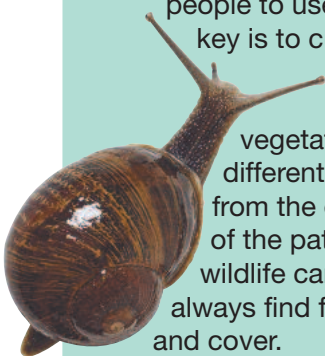




## Cutting path verges to help wildlife

Did you know that the way you cut the verges of a path can have an affect on wildlife?

For many paths, the verges are kept short for path maintenance. This gives the feeling of openness and tidiness as you walk or ride along the path. For wildlife, however, the short vegetation can provide little benefit. So, how can you make verges more wildlife friendly but still keep the path clear for people to use? The key is to cut



vegetation at different levels from the edge of the path so wildlife can always find food and cover.

To find out more about cutting verges visit the 'technical tip of the month' section of our website [www.pathsforall.org.uk](http://www.pathsforall.org.uk)



## Beating cancer

Photographed at the January launch of our Macmillan Walking Groups partnership with Macmillan Cancer Support is Margaret Jack – an Easterhouse walker, Elspeth Atkinson – Macmillan Director for Celtic Nations, Ian Findlay – our Chief Officer and Helen Johnston – a Volunteer Walk Leader.

Margaret joined the Easterhouse walk to exercise in company after receiving a promotional leaflet. She would encourage other cancer patients to join to. She enthuses: *"The difference it has had on me has been amazing. I am much steadier on my feet as my legs are much stronger and each time I do it I can walk that little bit further. It's not just benefiting me but also all of my family who are so pleased to see the improvement in me. I know they worry about me. I can't recommend it enough and hope others will read this and join us."*

Helen Johnston from Baillieston became a Volunteer Walk Leader after attending the Macmillan circuit classes to help her cope with her cancer. Helen explained: *'The walking really helps my health and I feel the benefits each time. I barely notice I'm doing the exercise as I am chatting and laughing so much with people. Volunteering also gives me a lot back as I see the difference in people and how much they blossom after taking part in a few walks. Usually when people first join they are apprehensive but by the end of the walk you can see their faces shining and they have been laughing and chatting.'*

Traditionally cancer patients have been told to rest during and after treatment. Research now shows that being active can maintain physical function and minimise the side effects of treatment.

For information about Macmillan Walking Groups in your area contact Hazel Robinson at [macmillan@pathsforall.org.uk](mailto:macmillan@pathsforall.org.uk)



# All Aboard!

Carl Greenwood, our Workplace Development Officer recently visited South West Community Cycles (SWCC) in the heart of Glasgow's Southside.

This new cycling resource for Glasgow is located in the historic Pollokshaws West Railway Station on the edge of Pollok Country Park.

The building is the oldest station still in operation in Glasgow and opened in 1848. The Category B listed building underwent extensive restoration in 2013 with support from both Glasgow Building Preservation Trust and First Scotrail. SWCC opened its doors last year and now offers a full range of services to the local community. These include bike hire for all the family, cycling events, volunteering opportunities and meeting space. There's even a café facility in one of the station's waiting rooms which is open to groups and the public. And should anything go wrong with your bike there's a team of volunteer mechanics to help you out.

Alyson Tannahill, Project Director said, *"We aim to promote interest in cycling and address the lack of access to equipment and organised activities in the area, which will in turn improve health, education and social behaviour. This is a unique opportunity to bring cycling to an increased audience within a beautiful heritage building for the benefit of the community."*

SWCC isn't just for cyclists. It is about operating as a community hub, with a focus for cycling, outdoor experiences and generally feeling good."

To find out more about South West Community Cycles visit their website [www.southwestcommunitycycles.co.uk](http://www.southwestcommunitycycles.co.uk) or you can contact them on 0141 632 7155.



## Muriel shares her passion



Enjoying taking a stroll on their own are Muriel, Carol and Walter

Muriel Cupples, a walker in Castlemilk with Glasgow Health Walks has not only found a passion for walking but also for sharing her enthusiasm. She wrote to us and said: *"I started walking with the Castlemilk group over a year ago in their evening walk and thoroughly enjoyed every walk through the woodlands of Castlemilk – bringing back many happy childhood memories for me. After this, I joined the Queens Park Walk on a Monday and made some new friends there too."*

*The next thing I joined was the Castlemilk Tuesday and Thursday daytime walks where I met a different set of people."*

*I would recommend the walks to anyone. I hand out leaflets all the time to people I meet and let them know how much I enjoy the walks."*

Imagine how many more people could benefit if you simply tell them that walking everyday makes you feel miles better! Word of mouth is invaluable.



# Warm welcome from Gurdwara

Walk Leader trainer Ann Dunn felt privileged to experience Glasgow's new Gurdwara on Albert Drive, Pollockshields.

She recently delivered a Walk Leader training course to several Sikh ladies in the first purpose built Gurdwara in Scotland. The training was jointly organised by Diabetes UK Scotland and the Walking Towards Better Health project we fund with Alliance Scotland.

Ann commented after the training: "The Walk Leader training was the first time that any outside organisation had been invited into the Gurdwara for training. I realised on the day that this was a very unusual event for me. A lot of people popped in to see what was going on! I'm so glad it went well. I've never had to work so hard, thank goodness Sumera [Arshad,



Glasgow's Gurdwara is a cultural, educational and religious hub for Sikhs and the wider community.

Community Development Worker with Diabetes and Me Project] was so helpful."

The Diabetes and Me Project engages directly with South Asian communities in Glasgow, raising awareness and promoting self management of diabetes. The Health Walks were requested by the Scottish Sikh community who had shown an interest in understanding the link between diabetes and physical activity.

Sumera said: "At some points during the training, information was translated to Punjabi by me to ensure that the messages were being

understood and the participants were able to follow the trainer. The trainees were not shy and openly asked many questions about walking and health."

One lady remarked: "It is obvious that walking is good for health, but we have become very lazy and do not realise that inactivity is causing a lot of health diseases like stroke, diabetes and heart problems."







witnessed not only changes in the participants but also experienced a number of positive benefits themselves. Maria says:

*'As a Walk Leader I feel I have gained confidence and experience and I have noticed a difference in my fitness levels. I enjoy the outdoors, even in the rain!'*

SAMH suggest following these five ways to better mental health:

## Walking with purpose

The Scottish Association of Mental Health (SAMH) delivered a 12 week pilot walking group project at their Inverclyde Gateways Service in Greenock. The walks attracted service users who would not normally have participated in physical activity, in particular people who previously felt isolated as some of these comments illustrate:

*'I love the walking group. It's my only contact with others and it's not personal. I can't cope with anybody knowing my business.'*

*'I just enjoy listening and getting fresh air.'*

*'It makes me get out of bed and gives me a reason to get out of the house as I really enjoy the company of the other walkers.'*

*'I don't care about the rain or getting wet, it was just good to*

*talk to someone, as living alone I can go long periods with no one to talk to'.*

*'I feel that the walking group gives me a purpose for getting out of my bed in the morning.'*

One service user who trained as a Walk Leader has

- 1. Staying connected** with family, friends, colleagues and neighbours
- 2. Getting active** and going walking every day
- 3. Taking notice** and finding one thing to be grateful for every day
- 4. Learning** a new skill
- 5. Giving** a smile

Visit [www.samh.org.uk](http://www.samh.org.uk) for more information.



Walk Leader Fiona Lough, Ramblers Scotland's Jeannie Cranfield, Live Active Leisure's Stride for Life Colin Melville and walkers who took part in the launch of Stanley Medal Routes walks in Perthshire.



MSP Patricia Ferguson, our Chief Officer Ian Findlay, Commonwealth Games and Sport Minister Shona Robison and our President Mark Stephen

## Valuable volunteers

Commonwealth Games and Sport Minister Shona Robison applauded the work of volunteers at our Celebrating Scotland's Walking Champions awards ceremony at The Scottish Parliament.

She highlighted the value of the work volunteers do, saying: *"Volunteers play an important role in delivering sport and physical activity across the whole of Scotland."*

*Recognising and celebrating the contribution and difference they can make is hugely important. I'm delighted that this evening's awards highlight this contribution to help Scots live longer, healthier lives, and wholeheartedly congratulate all five walking champions for their dedication and inspiration."*

Our President, broadcaster Mark Stephen, enjoyed the

*lively event saying: "Awards are a great way to celebrate the hard work and passion of volunteers. Well done to every volunteer involved in improving paths or motivating others to enjoy a refreshing walk. Each and every one of our finalists has done super work making Scotland healthier, fitter and happier."*

The event was superbly hosted by Patricia Ferguson MSP for Springburn and Maryhill. She said: *"I was truly inspired by the energy and dedication of community and workplace volunteers who are*

*improving health and mental wellbeing outcomes by promoting walking."*

Heather McLeod, Project Coordinator with Walk Glasgow who nominated volunteers John and Rebecca for an award said: *"It was an inspirational evening and wonderful to see walking right up there on the political agenda."*

Thank you to insole manufacturer Superfeet for providing all the winners with two pairs of their shoe insoles each.





# Meet the worthy winners

Community Path Volunteer of the Year is Jean Weir with Community Green Initiative, Dunipace in Falkirk



Jean Weir with Community Green Initiative, Dunipace in Falkirk is Community Path Volunteer of the Year. She helped regenerate the Herbertshire Castle Park/Gala Park. Read more about the project on page 13.

Health Walk Volunteer of the Year Robert Russell with Shona Robison MSP and Mark Stephen



Robert Russell with Stirling Walking Network managed by Active Stirling is Health Walk Volunteer of the Year. A serious car accident where he broke his neck hasn't stopped Robert leading walks and attending publicity events! His motto is: "If I can lend a hand I will".

Since 2005 he has led over 460 Health Walks and volunteered over 1,400 hours of his time. Inspecting paths, clearing litter and cutting back bushes keep him active too.

Volunteer Manager of the Year Denise Carmichael with (l-r); Andy Millar of Scottish Borders Council, Kevan Sanderson from NHS Borders and Volunteer Walk Leader Cindy Armstrong



Denise Carmichael, Project Coordinator with Walk It, Scottish Borders Council is Volunteer Manager of the Year. When she started with Walk It in 2009 there were 5 Health Walks, now there are 23. There were 6 Volunteer Walk Leaders, now there are 72. There has been a 360% increase in walkers. A recent Social Return on Investment study found that for every £1 invested in the Walk It project there was a social return of £8.



Workplace  
Volunteer of the  
Year Margaret  
Meechan and  
colleagues



Workplace Volunteer of the Year is Margaret Meechan, with City of Edinburgh Council who is described as the: "Walking motivator in the office." by her colleague Saty Kaur who also said: "I now walk an hour to work and back three times a week due to her enthusiasm."

Step Count  
Challenge  
Volunteer of the  
Year Catherine  
Bertuccelli and  
colleagues



Step Count Challenge Volunteer of the Year is Catherine Bertuccelli with The Bean Counters walking team at East Renfrewshire Council. She kept her pedometer walking challenge team on their toes with emails, Monday morning texts, progress charts and stickers for reaching personal goals. Catherine's approach to success has been to encourage small lifestyle changes like walking to work.

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# Community Green Initiative scoops award

We were delighted to present the 2013 Community Path Volunteer of the Year award to Jean Weir of the Community Green Initiative in Dunipace at our Parliamentary event in December.

Jean's involvement in the Dunipace project is inspiring. She admits that a lot of the work was new to her at first and at times challenging, but her motivation and enthusiasm to make a difference locally is impressive to hear.

With some 'free' time on her hands since retiring as a high school teacher, Jean took on the task of helping to regenerate and improve access in the Herbertshire Castle Park in Dunipace. Forth Valley and Lomond LEADER funding and some great partnership work between the Green Initiative, Denny and Dunipace Heritage Society, Falkirk Council, Paths for All and the Forestry Commission allowed the group to take on two projects in the park: woodland management and path improvement.

Using the varied skills of local people, some assistance from Falkirk Council staff and advice from Paths for All, Jean helped to:

- install new seating
- remove hedges, thin and fell trees to improve access
- develop interpretation displays, and
- provide a viewing area over the River Carron

The positive comments we heard about Jean were:

*"Managing a project over two years, while keeping other volunteers on board, from consultation to grant fundraising and procurement,*

*to near completion is not easy. Jean has been committed, well organised and open to learning throughout.*

*Jean is living proof that life isn't just about a career, but about what you give of yourself."*

Not only is Jean Community Path Volunteer of the Year she is the first person to complete the Paths for All Managing Path Construction online training course. Well done Jean!



Celebrating one year of Health Walks, in grand style, is the ColGlen Fellowship Talkie-Walkies group in Argyll and Bute. They enjoyed a guided tour of Mount Stuart on the Isle of Bute.

- improve 100m of path network for wheelchair and buggy access



# Jackie's tips for trips

Thank you to Step It Up Highland's Project Coordinator Lynne Bannister for interviewing walker Jackie with the Smithton and Floral Hall group in Inverness about how she organises successful events.

Lynne said: "Jackie has become extremely busy organising social events outside of the walks. Walkers see this as 'the icing on the cake!' She has many contacts and puts them to good use in arranging walks, theatre outings (including behind the scenes tours and meeting the cast) and holidays to Jersey, Bath and even Sicily!"

## Motivate and encourage

I'm interested in motivating people to be more active. I feel that without our walking group and trips, a lot of our walkers would be sitting at home in front of their TVs.

## Value group activities

I always ensure that when on a day out the group get a large, preferably circular, table to sit at all together to help everyone feeling included.

## Liaise with contacts, organisations and negotiate

Use and keep in touch with your contacts. I always try to get best prices and discounts.



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## Communicate clearly and concisely

This is vital to make sure arrangements for everyone go smoothly. I usually speak to walkers at the socialising after our weekly walks. Any costs for trips (some are free) are clearly explained and money is collected at our 'social table' so that it's all recorded and witnessed by everyone. I keep a reference notebook with all the necessary details about the trips.

## Be outgoing

Everyone else tells me that this is the one big factor in why this works so well. All I know is that I enjoy doing this organising and love seeing everyone enjoy the walks, theatre trips, holidays and days out.

**Ask your walkers to help manage your group** – they may have "hidden talents" like Jackie.

## Seasonal inspiration



Enjoy the blues this spring ...with a bluebell walk!





# Path groups make a difference

Our Local People Local Paths grant fund is making a real difference to path projects across Scotland. Last year we supported 26 path groups from Tarland in the north, across the central belt to Earlston in the south.

Groups have been busy and it has been great to hear the results of their hard work. Whether the projects focus on path improvements, better signage, more people using paths, or volunteering, local communities are really benefiting.

Here are a few of the projects we've supported:

## **Buchlyvie Paths Group**

created a path from a muddy desire line from the hall car park to the play area, making it easier for people to access.

## **Earlston Paths Project**

improved path surfaces, installed waymarkers, discs and posts and created leaflets to promote their path network.

**CLEAR Buckhaven** installed vandal proof waymarkers and directional signage along various path networks throughout Buckhaven, as well as producing promotional leaflets.

**Tarland Way Development Group** designed and printed leaflets and a booklet promoting the Tarland Way.

**North Common Trust and Thornhill Community Trust Paths Group** improved drainage where paths were waterlogged or flooded.



Feedback from the community is invaluable. Here are a couple of quotes one group received: *"What a difference – keep up the good work."* and *"Sorrowlessfield is back on our walking route."*

The achievements would not be possible without the

fantastic effort of volunteers. If any of the projects have inspired you or your local group to take action we can help. Our next round of Local People Local Paths grants will open in April. You can also find out about our One Stop Shop path service on page 5.



Stride for Life North Muirton walkers in Perth offer an integrated community walk with dementia patients from Murray Royal Hospital.



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# I'll text you

University of Edinburgh intern Mhairi MacDonald worked with us to research the use of text messaging as a way of motivating people to walk more.

"In the UK today 94% of adults own a mobile phone\*. We wanted to review how walking projects might use this technology. I met with Project Coordinators and Volunteer Walk Leaders, seeing firsthand what a great job they do.

I have also had the opportunity to go out on a number of Health Walks and meet some of the walkers. Seeing the difference a Health Walk can make to people's health and

wellbeing, and how a text messaging service can motivate people to become and stay active, has been a highlight for me."

A guidance note on how to communicate and motivate walkers using text messages is available in the Support section of our website: [www.pathsforall.co.uk](http://www.pathsforall.co.uk)

Mhairi hopes text messages will help engage people and motivate them to walk more.





# Keeping Active

It's not hard to imagine what your walkers report as their favourite activity. It's ... walking! Here's a list of ideas on how to get everyone, everywhere, walking everyday.

- Offer a range of walking levels
- Sign-up for a charity walk
- Walk a long distance route in small sections
- Encourage walking to work or to the shops
- Offer extra walks for special occasions
- Encourage walkers to arrange walks together
- Promote our pedometers  
[www.pathsforall.org.uk/pedometer](http://www.pathsforall.org.uk/pedometer)



Other popular activities reported are: keep fit, swimming, dancing, cycling, tai chi, jogging and badminton. No-one is ever too old to take up a new exercise as this Step It Up Highland walker found out: "I have just started to learn to swim at age 70 thanks to the support of another walker in our group."

To encourage more activity into your walkers' week:

- Introduce our Walk your Way to Better Strength and Balance exercises. We've included four new exercises for frailer older adults. Contact [info@pathsforall.org.uk](mailto:info@pathsforall.org.uk) for further information.
- Maintain your Health Walk paths by cutting back shrubs or clearing litter. Contact John Duffy our new Local People, Local Paths Development Officer at [john.duffy@pathsforall.org.uk](mailto:john.duffy@pathsforall.org.uk)

## Salmon and vegetable kebabs



For more heart-healthy recipes from British Heart Foundation join Heart Matters, the FREE service from BHF. Visit [bhf.org.uk/heartmatters](http://bhf.org.uk/heartmatters) or call 0300 330 3300.



### Ingredients

- 4 tbsp sweet chilli sauce
- 1 tbsp fresh lemon juice
- 1 clove garlic, crushed
- 1 red chilli, deseeded and finely chopped
- 225g skinless salmon fillet, cut into chunks
- 1 yellow pepper, cut into small chunks
- 2 courgettes, cut into small chunks

For the coleslaw:

- 115g white or red cabbage, finely shredded
- 1 large carrot, coarsely grated
- 2 spring onions, thinly sliced
- 85g sultanas or raisins
- 3 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 1/2 tsp clear (runny) honey
- 1 tbsp finely chopped fresh mixed herbs
- Freshly ground black pepper, to taste

### Preparation

**Kebabs:** combine chilli sauce, lemon juice, garlic and chilli in a bowl. Add the salmon, yellow pepper and courgette; toss to coat evenly. Leave to marinate for 15–20 minutes. Thread salmon and vegetables onto skewers then grill for 10–15 minutes or until salmon is cooked, turning occasionally.

**Coleslaw:** Mix the cabbage, carrot, onion & sultanas. Whisk together the olive oil, lemon juice, honey and herbs; pour over and mix.



# Word on the Street

We receive so much positive praise it just has to be shared.



Hazel Keiro,  
Step It Up  
Highland  
Volunteer  
Walk Leader

"The group led by Hazel Keiro made me feel most welcome. I had just moved to the area and was not sure where to walk. The walks are interesting and everyone has been so friendly. I have now started doing longer walks. I would recommend this group to anyone!"

Audrey Anderson,  
Step It Up Highland walker

"The course was a fun and interactive way of learning how to become a Walk Leader. It has inspired me to do this."

Encourage your walkers to become Walk Leaders by sharing these comments about our Volunteer Walk Leader training course.

"Great training. Good tutor. Enjoyable. Grand to be able to go for a walk during training."

"Good training event. Thank you for coming to the Gurdwara." See page 8

"Enjoyed the course and feel confident about becoming a Walk Leader."

"I have completed my Walk Leader training and head up the walking group at The Grange, Brightons for Stepforth, Falkirk. I'm also back-up Walk Leader round the Helix Park leaving from the Falkirk Stadium."

Lisa Hendry, former  
Stepforth, Falkirk walker

"I am now walking the grandchildren to school rather than taking the car!"

Isobel Geldenhuys, walker with  
Errol Health Walk Group, Stride for Life,  
Perth and Kinross

"I recommend the Safety Outdoor Course to all Walk Leaders. I learned a lot. The trainer [Iain Davidson] was an inspiration, making it interesting and entertaining."

Volunteer Walk Leader,  
Neil Andrew with Walk It in the  
Scottish Borders

Send your news, photos and poems to:  
[volunteer@pathsforall.org.uk](mailto:volunteer@pathsforall.org.uk)  
by 30th May for the Summer edition and receive a £20 High Street voucher if your story is featured.

The Kelpies within the Helix Park, Falkirk will be officially opened in April during the John Muir Way festival from 17th – 26th April. The festival celebrates the long distance route from Dunbar to Helensburgh on the 100th anniversary of this pioneering Scot's birth.



[www.thekelpies.co.uk](http://www.thekelpies.co.uk)



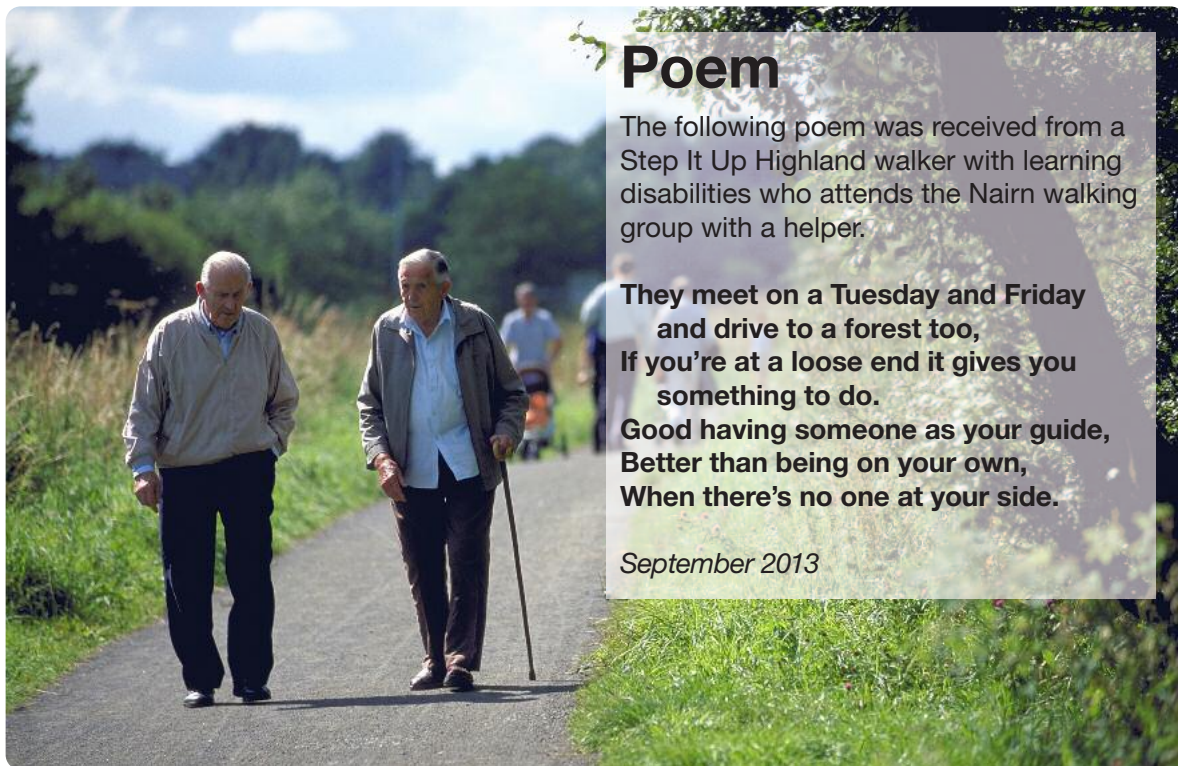


## Poem

The following poem was received from a Step It Up Highland walker with learning disabilities who attends the Nairn walking group with a helper.

**They meet on a Tuesday and Friday  
and drive to a forest too,  
If you're at a loose end it gives you  
something to do.  
Good having someone as your guide,  
Better than being on your own,  
When there's no one at your side.**

*September 2013*



## What's stopping you getting more active? Feeling overweight?

*I know I need to lose some weight  
but I don't know where to start.*



*Walking's really helped. I've lost a  
few pounds and I feel great!*



**Walking even for 10 minutes every day can make you feel miles better.**



# The quiz

Match the Easter treat with the distance you need to walk to burn off the calories it contains.

**A**

Cadbury's  
Crème Egg  
(39g)

**1**

2.3 miles  
4858 steps  
187 cals

**B**

Half a milk  
chocolate  
Easter egg  
(117g)

**2**

12 miles  
25344 steps  
1026 cals

**C**

Whole  
70% dark  
chocolate  
Easter egg  
(180g)

**3**

2.25 miles  
4752 steps  
180 cals

**D**

Small  
pack of  
Maltesers®

**4**

3 miles  
6336 steps  
240 cals

**E**

Hot cross  
bun –  
without  
butter

**5**

7.5 miles  
15840 steps  
632 cals

**F**

Hot cross  
bun – with  
thin spread  
of butter

**6**

2.3 miles  
4858 steps  
187 cals

## Winner

Congratulations to Walk Leader Sheila McQueen in Dumfries and Galloway who answered all the path hand tools correctly in the autumn/winter quiz.

Send your answers and contact details by Friday 9th May 2014 to the Freepost address below or to [volunteer@pathsforall.org.uk](mailto:volunteer@pathsforall.org.uk) to be in with a chance to win a £20 High Street voucher and a t-shirt design of your choice from our new online shop worth over £24. Visit [www.pathsforall.spreadshirt.co.uk](http://www.pathsforall.spreadshirt.co.uk) to view our designs.

## Contact us

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Keep up to date with us at:



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## walking your way



Walk Leaders from Walk Glasgow had a great day out in Auld Reekie visiting the Surgeon's Museum followed by a short walk down to Arthur's Seat and round the Scottish Parliament building.



Paths for All is a partnership organisation, for a full list of our current partners please visit: [www.pathsforall.org.uk](http://www.pathsforall.org.uk)

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