Your accreditation pack
Welcome

We are delighted that you are thinking about joining us as an accredited scheme. This pack should answer all your questions and help you to complete our short and simple application process.

What is accreditation?

Accreditation is a quality mark for our schemes which you will be working towards in your first year. You will be asked periodically, with the support of the team, to renew your status. To become accredited you will be asked to fulfill a set of criteria and submit an application form with supporting documents.

Why become accredited?

Accreditation ensures that everyone who comes into contact with us has the same high quality experience and that all schemes provide fantastic walk programmes. It is a stamp of quality which gives walkers, volunteers, health care professionals, prospective partners, funders and decision makers added confidence.

What are the benefits?

- Being part of the largest network of health walks in England and a respected brand.
- Continued support from the national team with development, training, information, promotion and communications.
- Invitation to yearly regional network meeting where there will be presentations, workshops and the opportunity to meet with other schemes in your region.
- Your walks will be promoted on the Walking for Health website and searchable through the WalkFinder.
- Links with the Ramblers who recommend us to anyone looking for short walks.
- Increased confidence and recognition from funders and stakeholders enabling you to secure funding.
- Walking for Health insurance and a large variety of FREE resources
- Once you are accredited you will be able to use our accreditation certificate and logo. You will also be able to access further support from the national team with regards to identifying grant funding and producing reports to provide indicative evidence of an increase in physical activity to commissioning bodies.
What you need to do to apply

In the annex you will find everything you need to help you complete your application and become accredited. You can complete your application through the national website or by emailing the documents to us.

Submit your application using the online form:

Sign into the national website www.walkingforhealth.org.uk and use the url www.walkingforhealth.org.uk/accreditation-form

Or email the completed application form and scanned or saved supporting documents to:

natalie.raperport@ramblers.org.uk

Below are the eight simple criteria that your scheme needs to meet. For a full explanation and examples of forms please refer to the appendices.

1. Walks meet the definition of a health walk (page 11).
2. Offer a 10-30 minute short walk, at least once a month.
3. Collect the minimum data requirement from all walkers and provide relevant data when requested (page 12).
4. Adherence to protocols in relation to data protection procedures (page 13).
5. Provide a risk assessment which is up to date within the last 6 months.
6. Provide evidence of a volunteer policy or volunteer management practices (page 23).
7. Use the brand in accordance with brand guidelines. You may wish to submit a walk programme as an example.
8. Keep your page on the website updated, to make sure all walkers know about your walks.

Once you meet these criteria you can apply for accreditation.

What we will do

Your regional development officer will support you to get ready for accreditation and help you to complete the necessary forms where required.

Once you have completed and submitted your application:

1. Your application will be reviewed within 14 to 21 working days.
2. We will email you with the result within six weeks from your initial application.

If there are any issues with submitting your application or questions please contact your local regional development officer and they will assist you. Once you have submitted your application, you will receive feedback from the training and quality assurance manager within six weeks of the date you applied. Future support to maintain your status post application will be from your local training and quality assurance officer.
Next steps

Read through the annex and contact your regional development officer by email or telephone if you have any questions.

Andrew Milward, regional development officer for London and South East
andrew.milward@ramblers.org.uk
T: 020 7339 8571
M: 077 8697 7097

Charlie Coward, regional development officer for Central England and South West
charlie.coward@ramblers.org.uk
T: 07876 089882

Sarah Jane Pickering, regional development officer for East Midlands and Northern England
sarahjane.pickering@ramblers.org.uk
T: 07824341863

Apply now for accreditation!
Annex
1. All your walks meet the definition of a health walk

2. You offer a 10-30 minute short walk, at least once a month

3. You can meet the minimum data requirements

4. You can adhere to the data protection procedures

5. You have completed risk assessments

6. You have a volunteer policy / volunteer management document

7. You are using the brand in accordance with the guidelines

8. You have updated your scheme page on the website
**Application form**

<table>
<thead>
<tr>
<th>Name of scheme coordinator</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of scheme</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
<tr>
<td>Phone number</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do you use the Walking for Health database?</th>
<th>Yes / No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If no do you have an alternative secure system?</td>
<td>Please specify</td>
</tr>
<tr>
<td>Do your walks meet the definition of a health walk? (Annex page 9)</td>
<td>Yes / No</td>
</tr>
<tr>
<td>Do you have a programme of health walks or an advertised timetable?</td>
<td>Yes / No</td>
</tr>
</tbody>
</table>

Please provide a copy of your programme of health walks or a link to your advertised timetable

<table>
<thead>
<tr>
<th>Do you have a completed risk assessment (reviewed or created within the last 6 months)?</th>
<th>Yes/No</th>
</tr>
</thead>
</table>

Please provide an example of a completed risk assessment

<table>
<thead>
<tr>
<th>Do you currently use the standard walker registration form or have an agreed alternative?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can you provide the minimum data requirements?</td>
<td>Yes/No</td>
</tr>
<tr>
<td>Do you have a volunteer policy or volunteer management document?</td>
<td>Yes/No</td>
</tr>
</tbody>
</table>

Please provide a copy of your volunteer policy or evidence of your volunteer management systems

<table>
<thead>
<tr>
<th>Is your page on the Walking for Health website up to date?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have other examples of using our brand (e.g. leaflet or posters)?</td>
<td>Yes/No</td>
</tr>
</tbody>
</table>

Please provide one or more examples of using our brand
If you have answered yes to all of these questions congratulations you are ready to submit your application!

Submit your application using the online form:

The easiest way to apply is to sign into the national website www.walkingforhealth.org.uk and use the url www.walkingforhealth.org.uk/accreditation-form

Or email the application form, with scanned supporting documents to:

natalie.raperport@ramblers.org.uk
### Definition of a Walking for Health walk

All walks must meet these conditions.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Be free and led by a trained walk leader</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Be a minimum of 10–30 minutes</strong></td>
<td>Walks need to be a minimum of 10 minutes to achieve the health benefits of being physically active. The lower end of these criteria is designed to cater for less able walkers and doesn’t have to be a standalone walk. It can be part of another, longer walk where the less able walkers stop after 30 minutes, but others may continue on. Schemes should ensure that short walks are well supported by a dedicated leader.</td>
</tr>
<tr>
<td><strong>Be no longer than 90 minutes.</strong></td>
<td>Walks should ideally be no longer than 60 minutes and never longer than 90 minutes.</td>
</tr>
<tr>
<td><strong>Be easily accessible by walking or taking local public transport</strong></td>
<td>Walks must take place near to the intended audience and, wherever possible, should be accessible by walking or using public transport. The exceptions are for rural areas or other situations where walkers would find it difficult to join a walk without a car or taxi.</td>
</tr>
<tr>
<td><strong>Be over easy ground</strong></td>
<td>Walks must use routes that cover relatively safe areas, providing walkers with a range of abilities the chance to get to and sustain a pace that’s right for them.</td>
</tr>
<tr>
<td><strong>Require no special equipment</strong></td>
<td>Walkers don’t need specialist clothing or equipment to enjoy our walks.</td>
</tr>
<tr>
<td><strong>Encourage walking at a pace that makes walkers feel warmer, breathe harder and their heart beat faster whilst still being able to talk to others around them</strong></td>
<td>The maximum health benefits from walking are achieved at this pace, in sustained bouts of at least 10 minutes.</td>
</tr>
<tr>
<td><strong>Be regular</strong></td>
<td>Walks should follow a set pattern, which could be that they happen at the same time each week or month, they leave from the same place or there is a clear rotation of starting points.</td>
</tr>
<tr>
<td><strong>Be run by a recognised scheme</strong></td>
<td>You must be registered with us to be considered for accreditation. We define a scheme as a structure which delivers health walks across a specific geographical area that meet our accreditation criteria and which has at least one designated coordinator who oversees the quality, management and support of all their volunteers, walks and related activities within their defined area.</td>
</tr>
</tbody>
</table>
**Schemes should also:**

- Follow our recommendations about the grading of walks (pages 15-19)

**What is the minimum data requirement**

All accredited schemes should collect and store information about the walks they run, their walkers and volunteers for a number of purposes whether they use the Walking for Health database or their own for:

- Insurance
- Monitoring and evaluation
- Data protection compliance
- Duty of care and health and safety
- Programme management

We recommend, as best practice, that new walkers fill in the information on the walker registration form or an equivalent which is recognised by Walking for Health once (unless their health status changes). We ask for the forms to be completed so that you will be able to contact them about future walks, and monitor who you are reaching locally and how you reach them. We will be able to collate this information and support you with your reports and funding applications.

<table>
<thead>
<tr>
<th>Schemes that use the Walking for Health database</th>
<th>Schemes that have their own database or records</th>
</tr>
</thead>
<tbody>
<tr>
<td>All this information can be stored on the Walking for Health website and database. However, please note that to create a participant record on the database, the unique identifiers DoB and postcode are obligatory.</td>
<td>This information should be stored in an accessible format, available on request.</td>
</tr>
<tr>
<td>Once submitted on the Walking for Health database, all the relevant information can be accessed for reporting. No further reporting to the national programme team is required.</td>
<td>If there is an incident on the walk, the incident forms should be emailed to <a href="mailto:walkingforhealth@ramblers.org.uk">walkingforhealth@ramblers.org.uk</a></td>
</tr>
</tbody>
</table>
Walk register

This should be completed by walk leaders for every walk. The information we must have is:

- Date and time.
- Walk start location – a postcode.
- Participants names for each walk – volunteers and walkers.

If you collect this information we can work out:

- Total number of walk instances.
- Total number of unique participants.
- Total number of attendances.

For example

If your schemes runs the same walk twice a week every week, after four weeks, the total number of walk instances will be eight. Jane joins the walk and always attends. After four weeks Jane counts as one unique participant, but eight attendances.

Duty of care and health and safety

Following these procedures will ensure that you have considered your duty of care and the health and safety risks associated with leading a public walks programme.

- All walk leaders receive training before leading walks.
- Risk assessments are completed for all walks.
- Walkers are given information about the route in advance, enabling them to decide if they’re able to take part based on any health conditions they may have.

Data protection

After collecting walker registration forms, walk leaders need to provide these to the individual responsible for inputting the form details onto the database (this is often the scheme coordinator or dedicated admin volunteer)

If information is not handed over immediately, then the walk leader needs to store the form securely (e.g. in a locked filing cabinet). Once the data from the Walker Registration Form has been put into the database, the paper form needs to be shredded.
## Risk assessment sheet

### Sample risk assessment

<table>
<thead>
<tr>
<th>Route:</th>
<th>Date updated:</th>
<th>Assessment carried out by:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Hazard</th>
<th>Who might be harmed?</th>
<th>How is the risk controlled?</th>
<th>What further action is needed to control the risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vehicles – crossing road, main road and village roads.</td>
<td>All walkers</td>
<td>Informing walkers at the start that they cross the road at their own risk.</td>
<td>Informing walkers at the start of every walk.</td>
</tr>
<tr>
<td>Leaf mould/wet grass – slipping.</td>
<td>All walkers</td>
<td>Informing walkers when approaching the hazard. Walking single file to avoid the slipping hazard.</td>
<td>Walking single file to avoid the slipping hazard. Informing walkers when approaching the hazard.</td>
</tr>
<tr>
<td>Circular footpath - slight slopes up and down, uneven ground and tree roots.</td>
<td>All walkers,</td>
<td>Informing all walkers at the start of the walk.</td>
<td>Reminding walkers on approach to slopes and alerting them to uneven ground and tree roots.</td>
</tr>
<tr>
<td>Cyclists, particularly at footpath junctions and shared pedestrian/cycle paths.</td>
<td>All walkers</td>
<td>Informing walkers at the start of the walk. Walk leader observation during walk.</td>
<td>Informing walkers at the start of the walk. Walk leader observation during walk.</td>
</tr>
<tr>
<td>Traffic lights / roads</td>
<td>All walkers</td>
<td>When route planning, identify safe crossing points. Informing walkers at the start of the walk. Leaders inform walkers that they are responsible for their own safety and that all children must be accompanied by an adult. Walk leader observation during the walk Crossing only when controls indicate it is safe to do so.</td>
<td>Reminding walkers on approach to the traffic lights</td>
</tr>
<tr>
<td>Dog mess</td>
<td>All walkers</td>
<td>If dogs allowed on the walk, inform walkers that they must clear up after their animal</td>
<td>Walk leaders to give warning when dog mess on path ahead</td>
</tr>
</tbody>
</table>
Recommended walk grading information

Why grade your walks?
Having a grading system for your walks ensures that new walkers can easily find the right walk for them and it allows you to provide walks that progressively support your walkers to increase their activity. This may help walkers decide if they want to move on to other forms of physical activity.

Grading your walks
Levels or grades of walks should help walkers choose a suitable walk for them and know what to expect when they arrive. The information should include the length, time and the terrain of the walk.

A ‘grade 1’ or entry level walk should try to think about including wheelchair access and have toilets and refreshments if this is possible. All walks should have as few stiles and other obstructions as possible.

If there are two or more different levels of walk available within one walk, make sure you promote all these in your programme because people may be put off if you only promote the longer or shorter walks.

Grading is provided as a guide only. If a short walk is mostly flat and accessible, but has one long set of steps for example, it would not clearly fit into our grading system below. We recommend that walks are graded on a best-fit basis and that walkers with particular access needs should contact walk leaders for more detailed information in advance of joining a walk.’
You can see our recommendations for levels/grades of walks below.

Example key of levels/grades of walks

Regardless of the grade of walk walkers choose, they should be encouraged to walk at a pace which is comfortable for them. To help them get the most benefit from their walk, you should recommend that they aim to feel a little warmer, breathe a little harder and increase their heart rate but they should still be able to talk.

**Grade 1 walk**

Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

**Grade 2 walk**

Suitable for people who are looking to increase their activity levels. They are between 30 - 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

**Grade 3 walk**

Suitable for people looking for more challenging walks and increasing their level of physical activity. They are generally 45 – 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

**Additional information**

**Special interest and progression walks**

Regular walks, one-off special interest walks and progression walks can all sit alongside each other in your programme so that all your opportunities are in one place and there is a clear progression route for walkers as they get fitter or want to try new things.

As well as providing this information, you may wish signpost fitter walkers to other walks or activities and encourage them to continue their progression outside of your scheme.
Other information about your walks

As well as being clear about the levels/grades of walk, you’ll also want to let people know about other important features of your walks.

**Terrain:**
A general description of the walk route terrain should include things such as slopes, steps, uneven or slippery surfaces and any stiles or other obstructions.

**Easy access:**
Help make sure everyone feels welcome to join the walks and can easily choose a walk that meets their needs by identifying which walks are accessible for wheelchairs/mobility scooters and pushchairs and whether there is seating on route.

**Public transport:**
To make sure walks are easily accessible to local communities and target audiences, it is useful to identify whether they are near to public transport links. This is helpful to encourage people to join.

**Facilities:**
It’s useful to know if there are toilets at the start/finish and whether there is car parking (and if there is a charge).

**Refreshments:**
The social aspects of the walks are often what motivates people most to join and keep coming back so it’s important that schemes promote this as part of their walks. It is always helpful to let people know about arrangements in advance of the walk.

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**Progression walks**
For people who have progressed to grade 3 walks and are looking to take their next steps. These walks are more than 90 minutes in duration and are likely to include slopes, steps, stiles and uneven surfaces. Progression walks are not insured by Walking for Health and are not part of the walk finder. You might want to offer longer walkers outside of Walking for Health and clearly label these on your walks programme.

**Special interest walks**
These walks are health walks with a twist and they usually include stops along the route to find out more about points of interest. The walks are up to 90 minutes and may include slopes, steps, stiles and uneven surfaces.
**Friday health walks**

Enjoy the parks and open spaces with a volunteer led health walk. Meet new people, improve your health and have fun. All health walks are free. Come and join us and feel good.

Everyone is welcome. Come along with sensible footwear and a waterproof, just in case of wet weather. We look forward to meeting you at the location listed below.

<table>
<thead>
<tr>
<th>Date</th>
<th>Walk Type</th>
<th>Time</th>
<th>Meeting Location/ and coffee stop</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 9th January</td>
<td>Beginners</td>
<td>09.15am</td>
<td><strong>Beginners walk meet</strong> – Holland Ave, Knowhill off Pottery Lane <em>(10 minute shorter walk option available)</em>&lt;br&gt;<strong>Intermediate walk meet</strong> - Terrell Lake, Car park opposite the bowl off V4.&lt;br&gt;Coffee stop – Janie’s cafe</td>
<td>Daisy and Tom&lt;br&gt;<a href="mailto:walkingwell@nhs.net">walkingwell@nhs.net</a>&lt;br&gt;<a href="mailto:tom1959@gmail.com">tom1959@gmail.com</a>&lt;br&gt;07731905487</td>
</tr>
<tr>
<td>Friday 16th January</td>
<td>All walks meet</td>
<td>10.15am</td>
<td><strong>All walks meet</strong> - Car Park, Hilton Hotel, Eaten Road off H7 or H8, Woughton on the Hill&lt;br&gt;Coffee stop – St Mary’s Church – WotG</td>
<td>Daisy and Tom&lt;br&gt;<a href="mailto:walkingwell@nhs.net">walkingwell@nhs.net</a>&lt;br&gt;<a href="mailto:tom1959@gmail.com">tom1959@gmail.com</a>&lt;br&gt;07731905487</td>
</tr>
<tr>
<td>Friday 23rd January</td>
<td>All walks meet</td>
<td>11.15am</td>
<td><strong>All walks meet</strong> - Queens Way – car park, off H2&lt;br&gt;Coffee stop – Museum (front entrance by the statue)</td>
<td>Daisy and Tom&lt;br&gt;<a href="mailto:walkingwell@nhs.net">walkingwell@nhs.net</a>&lt;br&gt;<a href="mailto:tom1959@gmail.com">tom1959@gmail.com</a>&lt;br&gt;07731905487</td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Event Description</td>
<td>Contact Information</td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>-------</td>
<td>-----------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| Friday 30th January | 10.15am | **All walks meet** - Car park behind Gamble Hotel, Metro’s Field, off H7 Coffee stop – Yellow lane café – Bold brook | Mary and Lisa  
maryandlisa@btopenwold.com  
01243218394 or 07792345909 |
| Friday 6th February | 10.15am | **All walks meet** - Prince Edward Car Park Coffee stop – Prince Edward café       | Simone and Dave  
Simone123@hotmail.co.uk  
Dave@gmail.com  
07794312333 07984318374 |
| Friday 13th February | 10.15am | **All walks meet** –  
On the beginners walk (10 minute shorter walk option available)  
Limewood Hotel, Milton Lane, Limewood Village, LM 10 5TY  
Coffee stop – Anniversary Lunch TBA | Simone and Dave  
Simone123@hotmail.co.uk  
Dave@gmail.com  
07794312333 07984318374 |
| Friday 20th February | 10.15am | **All walks meet** - Park near arts centre, Wetland Centre , Great Path Way.. Coffee Stop - St Thomas Church | Lisa and Joan  
llsjohnson@gmail.com  
joan.weeler@bmail.com  
077439685477 07925437288 |

Volunteer walk leaders are essential in expanding and sustaining the programme of health walks. If you are keen to get involved please contact:  
[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)
1. Policy statement

The Ramblers and Macmillan Cancer Support are committed to ensuring the wellbeing of everyone who participates in Walking for Health activities, including children, young people and vulnerable adults. We will take every practical step to minimise the risk of harm, paying particular attention to the needs of those who are most vulnerable, including children and vulnerable adults.

We are also committed to supporting fully scheme coordinators and volunteers in their work, including protecting them from potential liabilities and false suspicions and allegations of abuse.

Who are children and vulnerable adults?

In this document, a child is anyone aged 0-18 years old, as defined by relevant child protection legislation in England.

A vulnerable adult, is defined by the Protection of Freedoms Act 2012, as a person aged 18 years or older who is in receipt of regulated activity.

Regulated activity for adults is divided into six categories, each with detailed sub-categories and a definition of who is to be treated as a vulnerable adult.

1. the provision to an adult of health care by, or under the direction or supervision of, a health care professional,

2. the provision to an adult of relevant personal care,

3. the provision by a social care worker of relevant social work to an adult who is a client or potential client,

4. the provision of assistance in relation to general household matters to an adult who is in need of it by reason of age, illness or disability,

5. any relevant assistance in the conduct of an adult’s own affairs,

6. the conveying by persons of a prescribed description in such circumstances as may be prescribed of adults who need to be conveyed by reason of age, illness or disability, (transporting from one place to another)
Regulated activity includes the supervision of any person carrying out regulated activity. A detailed guide to all these categories from the Department of Health is at:


This might include people who:

- have a physical disability, illness or injury, or have become severely frail, though old age.
- are experiencing mental health issues including dementia, or have learning disabilities.
- are in need of community care.
- are unable to protect themselves from harm, through domestic violence or substance addiction.

**Welcoming children and vulnerable adults**

Walking for Health welcomes children and vulnerable adults on walks and activities as long as they are suitable. We are committed to equal opportunities and aim to treat everyone with dignity and respect, and not to discriminate on grounds of age, ethnic origin, gender, sexuality, disability or beliefs.

We, however, don’t expect our schemes to provide specialist care and support for people who have special needs or who are unable to care independently for themselves, or to take special responsibility for looking after children and young people under the age of 18.

Walking for Health schemes should only accept children under the age of 15 on activities when they are accompanied by a parent, legal guardian or other person with equivalent responsibility for them such as a teacher or youth worker.

Walking for Health schemes should only accept young people aged 15, 16 or 17 on activities unaccompanied, that do not involve an overnight stay, when they provide clear and preferably written consent of their parent or legal guardian.

We should only welcome adults in need of special care when they are accompanied by a carer or support worker to assist with their everyday needs.

Scheme coordinators and walk leaders sometimes need to make judgements that take into account the safety and enjoyment of everyone involved in a walk. They have a right to refuse a participant if in the leader’s opinion this would result in danger to the individual or danger or major disruption to the rest of the group. Our walk leaders will make these judgements on a fair and practical basis and without making stereotypical or unwarranted assumptions.
Who is responsible?

Everyone helping Walking for Health run its activities is responsible for providing children and vulnerable adults with appropriate safety and protection. This includes:

- Scheme coordinators, both practically when working with children and vulnerable adults and in ensuring management practices, procedures and guidance are in place to ensure children and vulnerable adults are protected.

- Walk leaders and other volunteers, including those who come into contact with children and vulnerable adults on a regular basis, and who organise and deliver activities where children and vulnerable adults are likely to participate.

What we will do

We will take all reasonable measures to protect the welfare of children and vulnerable adults involved with Walking for Health activities and minimise their risk of harm by:

- Having appropriate safeguarding procedures and practices in place, and striving to ensure they are implemented.

- Producing practical and appropriate guidance for walkers, scheme coordinators and volunteers on procedures, and ensuring it is easily available and publicised.

- Working closely with appropriate partner agencies.

- Referring any concerns promptly to the appropriate authorities.
Our specific policies and procedures include:

<table>
<thead>
<tr>
<th>Confidentiality procedures</th>
<th>Walking for Health is covered by the Ramblers data protection policy: <a href="http://www.walkingforhealth.org.uk/privacy-policy">http://www.walkingforhealth.org.uk/privacy-policy</a></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Guidance on photo consent: <a href="http://www.walkingforhealth.org.uk/volunteering/volunteer-resources/leading-walk-kit">http://www.walkingforhealth.org.uk/volunteering/volunteer-resources/leading-walk-kit</a></td>
</tr>
<tr>
<td>Guidance</td>
<td>Clear and targeted guidance appropriate to people’s roles within Walking for Health, which is well publicised and easily accessible. There is guidance for walkers, scheme coordinators, walk leaders and other volunteers. Currently the guidance is being reviewed, for further information please contact the designated officer below.</td>
</tr>
<tr>
<td>Designated person(s)</td>
<td>Safeguarding designated person: The Walking for Health programme manager is the main contact point for programme safeguarding matters. Providing centrally based safeguarding support, coordinating policies, ensuring guidance is distributed, dealing with enquiries, recording incidents and escalating as necessary. Contact Rob Wallis, e: <a href="mailto:rob.wallis@ramblers.org.uk">rob.wallis@ramblers.org.uk</a> t. 0207 339 8523</td>
</tr>
<tr>
<td>Civil liability insurance and incident reporting</td>
<td>A comprehensive civil liability insurance policy covering schemes and walk leaders, with an effective incident reporting system. Copies of reports are stored securely in compliance with relevant legislation, and are available for the insurers to view in the case of any claims or allegations. <a href="http://www.walkingforhealth.org.uk/running-health-walks/insurance-and-risk-assessments">http://www.walkingforhealth.org.uk/running-health-walks/insurance-and-risk-assessments</a></td>
</tr>
<tr>
<td>Complaints procedure</td>
<td>An open and well-publicised complaints procedure enabling anyone in confidence to voice concerns about unacceptable and abusive behaviour towards children and vulnerable adults.</td>
</tr>
</tbody>
</table>

**Updates and revisions**

This safeguarding policy, procedures and guidelines will be reviewed on a yearly basis. They are, however, subject to change at any time, based on updated legislation and feedback regarding best practice. The next review date is summer 2016.
Walking for Health scheme\(^1\): How we support our volunteers

Example volunteer document

Walking for Health scheme\(^2\) is a small Walking for Health scheme run entirely by volunteers. We currently have five volunteers here\(^3\) and manage our scheme as a group of volunteers/ through a formal/informal committee structure\(^4\). This is our sample document about supporting volunteers to ensure good standards of volunteer management It is used to value each others’ contributions, recognition and that we are the lifeblood of our scheme. As volunteers, we work together to support each other.

Our support

1. **Making a volunteer’s role clear:** we have written role descriptions for volunteers/ we make clear verbally to all potential and new volunteers an outline of their role, our expectations for this role being carried out and we match volunteers to roles based on what they’ve told us about their skills, interests and availability\(^5\). We try and make sure this process is as fair and consistent as possible.

2. **Giving volunteers the tools they need:** we provide volunteers with any equipment and resources they need, for example for walk leaders we use Walking for Health high visibility vests, clipboards, paperwork and training manuals. We offer first aid training to those who wish to do it.\(^6\)

3. **Providing volunteers with regular, ongoing support:** as a group of volunteers we have quarterly leaders meetings, six monthly committee meetings and support each other on an ad hoc basis\(^7\). For example we discuss issues, share good practice, try to ensure the coordination of the scheme is fairly parcelled up and everyone knows their role and responsibilities within the scheme. We also team up experienced walk leaders with new leaders to help support them and generally out for one another\(^8\)

4. **Supporting volunteers with good practice:** we follow health and safety procedures as per Walking for Health good practice guidelines: training - such as for walk leaders or database managers; equipment - such as for walk leaders; procedures - such as risk assessment, insurance, safeguarding and data protection\(^9\)

5. **Recognising the contribution of volunteers:** we recognise the achievements and contributions of each other through regular get-togethers, an annual event and generally just by saying thanks once in a while! We also participate in volunteer recognition initiatives led by the national Walking for Health team\(^10\)
6. **Dealing with issues:** if we get problems involving volunteers we try and talk it through with the volunteer in question first to try and get it sorted quickly and discreetly. If we can’t sort it that way we explain what will happen next so they know what to expect. Then we get together as a committee to discuss the scenario and solutions before we go back to the volunteer with these. We try and be flexible to support people to continue to volunteer in their role but if that isn’t possible we try and help them find an alternative role and are always honest about why a volunteer should stop doing a role.

7. **Providing volunteers with guidance:** we try to make sure everyone has relevant information and guidance to do their role and support the scheme, for example, one of our volunteers forwards Walking for Health volunteer newsletters/scheme coordinator newsletters/cascade trainer newsletters and attends Walking for Health local coordinator network meetings/regional workshops/advisory panel meetings/other events.

8. **Providing expectations for volunteers:** we are committed to the Walking for Health code of conduct for volunteers, as volunteers ourselves, supporting other volunteers:

   - Always treating volunteers with respect, consideration and appreciation
   - Promoting volunteer health and wellbeing, making sure they can carry out their role in a safe, supportive and inclusive environment
   - Ensuring volunteers understand their responsibilities, including the length of time we’d like them to be involved (if this is relevant, but there is no obligation for volunteers to be involved for any defined period)
   - Giving volunteers information about the training and support available to help them carry out their role
   - Being clear about any obligatory requirements for volunteers, for example walk leader training
   - Providing volunteers with support through a named contact, our scheme coordinator, who they should see/speak to on a regular basis
   - Offering fair, honest and timely feedback on a volunteer’s work
   - Updating volunteers about how their work is making a difference
   - Treating volunteers fairly, and ensuring we follow volunteer-specific procedures and policies, for example equal opportunities and health and safety
   - Providing volunteers with civil liability insurance cover through Walking for Health
   - Offering advice about alternative roles and helping them to find another more suitable role if a decision is made that a volunteer is not suited to their current role

More information

More information for Walking for Health scheme volunteers is available from our scheme coordinator on telephone number and email address.
For the scheme coordinator: your editor’s notes for this document

1. Read this document through

2. Pay particular attention to the yellow coloured bits with the endnotes displayed with the numeral marker 17

3. Following the instructions in the endnotes – see the list at the bottom of the document on page 13 - make changes to the highlighted sections to make them suit your scheme and your support for volunteers

4. Once you’re happy with it, select all the yellow text, or the whole document if easier, and un-colour it using the ‘highlighter’ button on the ‘home’ toolbar to select ‘no colour’ – see below:

5. Delete the endnotes markers throughout the text (e.g. 1, 2, 3, etc.) at the notes at the bottom of the document – you can delete this like you would with any text

6. Feel free to change the header of the document by going to the ‘insert’ toolbar, selecting the ‘header’ button and ‘edit header’ option so you can write and delete text as normal before pressing the ‘close header and footer’ button.

7. Delete all these editors notes including the green coloured title leaving your two page volunteer support statement ready to use!
Endnotes

1 Insert your scheme’s name so this statement is clearly yours and then delete this note and the marker in the text e.g. 1

2 Insert your scheme’s name so this statement is clearly yours and then delete this note and the marker in the text e.g. 2

3 Insert how many volunteers you have and then delete this note and the marker in the text e.g. 3

4 Delete the options that don’t apply to your scheme or make up a sentence that does. then delete this note and the marker in the text

5 Clarify if you have written or verbal role descriptions or both and make this first bullet point reflect your practices before you delete this note and the marker in the text

6 Delete options that don’t apply and add in additional things that do to make this reflect your scheme. then delete this note and the marker in the text

7 Outline what meetings and support volunteers should expect based on your current practices. then delete this note and the marker in the text

8 Delete or amend this to reflect what your schemes does to help new walk leaders. then delete this note and the marker in the text

9 Amend this to make it reflect your scheme then delete this note and the marker in the text

10 Amend this to make it reflect your scheme then delete this note and the marker in the text

11 Amend this to make it reflect your scheme then delete this note and the marker in the text

12 Amend this to make it reflect your scheme then delete this note and the marker in the text

13 Amend this to make it reflect your scheme then delete this note and the marker in the text

14 Insert the name of the person who is a volunteer’s point of contact and indicate if this isn’t the scheme coordinator and if so what their role is. then delete this note and the marker in the text

15 Amend this if you have different insurance arrangements e.g. for progression walks then delete this note and the marker in the text

16 Insert the name of your scheme to make this relevant for your volunteers, the insert the appropriate contact name and role and then insert contact details for that person then delete this note and the marker in the text

17 I’m an endnote demonstrating how it can help you adapt this document. you can delete me like normal text but you also need to delete the marker e.g. 17 that appears in the text.
**Walker registration form**

**Welcome!** Health walks are provided by your local Walking for Health scheme. Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping you get and stay active. Find out more about us at: [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Before you start please complete this form so your walk leader knows your level of fitness and any specific health problems you have. **Please print clearly in block capitals.**

**New walkers** should fill in all the questions applicable to them. **Returning walkers or current walkers** reporting a change in their circumstances only need to answer the questions marked with an arrow:

<table>
<thead>
<tr>
<th>Scheme name</th>
<th>Walk name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Your name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Your address</th>
</tr>
</thead>
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<table>
<thead>
<tr>
<th>County</th>
<th>Postcode</th>
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<table>
<thead>
<tr>
<th>Tel No.</th>
<th>Email</th>
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<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

**Your date of birth:** [ ] [ ] [ ] / [ ] [ ] [ ] / [ ] [ ]

1. **How much walking have you done in the last year?**
   - [ ] I am just starting now
   - [ ] I walk regularly already
   - [ ] I used to walk but have not walked for over 3 months
   - [ ] I am just starting to walk but do other physical activities

2. **How many minutes do you currently spend per week walking briskly, excluding Walking for Health walks?**
   __________ Minutes

3. **In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?**
   This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.
   (Please tick one box):
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3
   - [ ] 4
   - [ ] 5
   - [ ] 6
   - [ ] 7

4. **If you take part in physical activities other than walking, how many minutes per week do you spend doing them?**
   __________ Minutes

5. **Over the coming year do you expect your amount of physical activity to be:**
   (Please tick one box that most closely corresponds with your expectations):
   - [ ] More than last year
   - [ ] Less than last year
   - [ ] Unlikely to change from last year

6. **Have you been recommended by a health professional to come on this scheme?**
   - [ ] Yes
   - [ ] No

   **If yes to the above, please tick which health professional recommended you:**
   - [ ] GP
   - [ ] Occupational therapist
   - [ ] Physiotherapist
   - [ ] Cardiac rehabilitation team
   - [ ] Nurse
   - [ ] Mental health team
   - [ ] Health trainer
   - [ ] Exercise referral team
   - [ ] Macmillan professional
   - [ ] Paramedic
   - [ ] Other (please state) __________

7. **If you are a person who has been affected by cancer in some way, please tick all that apply:**
   - [ ] Have you ever been diagnosed with cancer?
   - [ ] Are you a carer of someone with cancer?
   - [ ] Are you a close relative or friend of someone with cancer?

8. **Have you ever been diagnosed by your doctor or health professional with any of the following long term conditions?**
   (Please tick all that apply):
   - [ ] COPD (Emphysema and chronic bronchitis)
   - [ ] Asthma
   - [ ] High blood pressure
   - [ ] Diabetes
   - [ ] Heart disease
   - [ ] Other (please state) __________

9. **Do you have a long term illness, health problem or disability which limits your daily activities or the work you can do?**
   - [ ] Yes
   - [ ] No
   - [ ] Prefer not to say

   **If yes to the above, please tick all that apply:**
   - [ ] Physical disability
   - [ ] Sensory disability
   - [ ] Learning disability
   - [ ] Learning difficulties
   - [ ] Mental health issues
   - [ ] Prefer not to say
   - [ ] Other (please state) __________

---

You can find out more about other walks in your local areas and what we do at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or get in touch by emailing: walkingforhealth@ramblers.org.uk
10. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: Tick YES or NO.

a. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
   - Yes
   - No

b. Do you feel pain in your chest when you do physical activity?
   - Yes
   - No

c. In the past month, have you had chest pain when you were not doing physical activity?
   - Yes
   - No

d. Do you lose your balance because of dizziness or do you ever lose consciousness?
   - Yes
   - No

e. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
   - Yes
   - No

f. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
   - Yes
   - No

g. Do you know of any other reason why you should not do physical activity?
   - Yes
   - No

If you ticked yes to any of the above, you must seek medical advice before attending a walk.

Please tick here that you understand you take part at your own risk and will seek medical advice if appropriate.

Please tick here that you agree to tell a walk leader if you have any conditions that may affect you whilst walking or if there is a future change in your medical condition.

11. Please tell us how you found out about this scheme (Please tick all that apply):

   - Library
   - National media
   - Local authority/council
   - Walking for Health website
   - Housing association
   - GP surgery
   - Hospital
   - Ramblers
   - Boots
   - Festival/event
   - Walking group
   - Other community location

   - Local centre
   - Local media
   - Search on internet
   - Workplace
   - Local website
   - Social media
   - Macmillan Cancer Support
   - Other charity
   - Other pharmacy
   - every step counts
   - Leaflet through door
   - Word of mouth/told about

Please provide any additional information about how you found out about this scheme that you think may be of use:

12. Gender:  
   - Male
   - Female

13. What is your ethnic group? (Choose one option that best describes your ethnic group or background):

   White
   - 1. English/Welsh/Scottish/Northern Irish/British
   - 2. Irish
   - 3. Gypsy or Irish Traveller
   - 4. Any other White background, please describe

   Mixed/Multiple ethnic groups
   - 5. White and Black Caribbean
   - 6. White and Black African
   - 7. White and Asian
   - 8. Any other Mixed/Multiple ethnic background, please describe

   Asian/Asian British
   - 9. Indian
   - 10. Pakistani
   - 11. Bangladeshi
   - 12. Chinese
   - 13. Any other Asian background, please describe

   Black/African/Caribbean/Black British
   - 14. African
   - 15. Caribbean
   - 16. Any other Black/African/Caribbean background, please describe

   Other ethnic group
   - 17. Arab
   - 18. Any other ethnic group, please describe

Using and sharing your information

Walking for Health is a national programme run by the Ramblers, in association with Macmillan and local health walk schemes. By submitting this form you agree to the Ramblers recording your details and contacting you. The Ramblers will share your data with

1) Macmillan
2) the organisation that runs your local health walk scheme
3) other trusted evaluation partners. This will allow us to manage, evaluate and conduct research about Walking for Health. Together these organisations want to provide you with information and help ensure that your walks continue.

Macmillan and the organisation that runs your local health walk scheme would also like to contact you from time to time to let you know about other support and how you can get involved with them. Please tick the boxes below if you are happy for us to use your information in this way:

I am happy to receive information from:

Macmillan
   - Text
   - Email

Organisation that runs your local health walk
   - Text
   - Email

By signing this form I confirm that all the information provided is correct. I understand that I walk at my own risk.

Signed __________________________ Date __________/________/__________

NOTE to health walk staff and volunteers: completed forms will contain sensitive or personal data so must be handled and stored securely.

The Ramblers’ Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company limited by guarantee (England & Wales no. 4458492). Registered office 2nd Floor, 87-90 Albert Embankment, London SE1 7TW.

Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604) and a company limited by guarantee (England and Wales no. 2400969, Isle of Man no. 4694F).
# Health Walk Register

Date: ____________________________  Name of scheme: ____________________________

Time: ____________________________  Name of walk and location: ____________________________

Leader: ____________________________  Walk duration (average): ____________________________

Please PRINT details below

<table>
<thead>
<tr>
<th></th>
<th>First Name</th>
<th>Surname</th>
<th>New Walker? (Y/N)</th>
<th>Has the walker’s health changed? (If yes, they should complete a new Walker Registration Form)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<tr>
<td>20</td>
<td></td>
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</tr>
</tbody>
</table>

Weather conditions: ___________________________________________________________________

General comments: _____________________________________________________________________
___________________________________________________________________________________
Walking for Health Mini brand guidelines
**Walking for Health vision**

That everyone will have access to a short, free and friendly health walk within easy reach of where they live, to help them become and stay active.

We want people to enjoy an experience brought to them by Macmillan and the Ramblers, and be inspired to give something back.

The brand values of Walking for Health are friendly, welcoming, empowering and knowledgeable. These are based on peoples experiences of Walking for Health and are reflected throughout our communications.

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**Our partnership – the Ramblers and Macmillan Cancer Support**

The Ramblers and Macmillan Cancer Support are proud to run Walking for Health. By sharing our walking and health expertise we support 600 schemes to offer short, free health walks in local communities across England.

The partnership demonstrates both organisations’ ambition to help more people including those affected by cancer discover the joys and health benefits of walking.
Our logos

Our visual identity is an expression of our vision. It helps people recognise us and encourages them to get involved. It is made up of elements that, when used in the right way, tell the Walking for Health story.

Our logo

The three walkers in our logo symbol embody the social, inclusive nature of our walks. Our logo appears on all our materials and the more consistently we use it, the more memorable it will become. Our logo should go on all communication materials.

Our partnership lockup

Our unique, exciting partnership between the Ramblers and Macmillan, which has made Walking for Health possible. This will be used on all Walking for Health national materials and is available to schemes to include on local materials.

Accreditation logo

This mark is a stamp of approval – it’s for health walk schemes who have been accredited by Walking for Health, and can be used on all promotional literature. The logo can be used in place of the Walking for Health logo for accredited schemes if space is limited.

What logo to use and when

<table>
<thead>
<tr>
<th>Materials</th>
<th>Walking for Health logo</th>
<th>Partnership lockup</th>
<th>Accreditation logo</th>
</tr>
</thead>
<tbody>
<tr>
<td>National use eg Banner</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>
| Scheme use eg Walks programme | ✓ | ✓ | Only if the scheme is accredited

Bottom left/right

Remember

- Always use the original logo artwork, in the correct format and colours
- Use the black version of the logo on publications such as newspapers, and the white version on block colour or imagery

To download all logos in all formats, please visit www.walkingforhealth.org.uk under ‘Coordinator Resources’.
Using our logos

Where possible we encourage schemes to use the partnership lockup to build understanding at a local level. If schemes wish to use the Ramblers and Macmillan logos on their materials, they must use the partnership lockup and not the individual logos.

Logo size guide

Depending on the size of your document, minimum margins and logo sizes apply. Remember that a margin is the width from the edge of your document to where your text/imagery begins, as shown in the A4 example below.

<table>
<thead>
<tr>
<th>Page size</th>
<th>Margins</th>
<th>Logo size</th>
</tr>
</thead>
<tbody>
<tr>
<td>A3</td>
<td>14mm</td>
<td>50mm wide minimum</td>
</tr>
<tr>
<td>A4</td>
<td>10mm</td>
<td>36mm wide minimum</td>
</tr>
<tr>
<td>A5</td>
<td>8mm</td>
<td>31mm wide minimum</td>
</tr>
<tr>
<td>A6</td>
<td>7mm</td>
<td>31mm wide minimum</td>
</tr>
</tbody>
</table>

Logo exclusion zone

Use common sense to keep logos standing proud and looking professional. Give them as much breathing space as possible – the width of the ‘w’, the dot on the ‘r’ and the height of the ‘g’ should do it, as you can see on the right.

Logo placement guide

The Walking for Health logo should always appear on the front of any scheme materials and ideally sit in the top right or top left corner. It should always appear the same size or larger than any other logos used.

We encourage schemes to use the partnership lockup, but it must appear with the Walking for Health or accreditation logo, and sit in the bottom right or left quarter (front or back cover, depending on the material).

The accreditation logo can be used alongside or, if necessary, replace the Walking for Health logo for accredited schemes on scheme materials. When placed next to the Walking for Health logo it should be centrally aligned.
Using our logos

Using our logos with other partner logos

Below we have mocked up some examples of how the logo could sit on existing scheme materials, alongside other partner logos, such as NHS or local authority. We have used a best case example and an option if you are short on space. If you have any questions around incorporating the Walking for Health logo please contact the team at walkingforhealth@ramblers.org.uk

Logo don’ts

Our logos have been carefully crafted, so they mustn’t be redrawn or altered.

Always
• Leave the specified space around the logo clear
• Keep to the specified colourways

Never
• Change the strapline font
• Distort the shape of the logo or angle it
• Use ‘Walking for Health’ without the walkers, or vice versa
• Remove or change the scale of the Ramblers or Macmillan logos
• Change the logotype underneath the partnership logo
Our colour palette, phrases and typeface

Core elements

After our Walking for Health logo, partnership lockup and accreditation logo, our colour palette, phrases and typeface are our other core elements.

Our colour palette

The combination of colours we use is different and memorable. We have chosen fresh, crisp colours, which reflect the outdoors and complement the brand colours used by the Ramblers and Macmillan.

Please use the colour references shown below (PMS and CMYK for professional print, RGB and HEX for screen) and don’t change them.

**Teal**
- PMS 7474U
- C90 / M0 / Y28 / K22
- HEX 008B9C
- R0 / G139 / B157

**Light blue**
- PMS 570U
- C53 / M0 / Y33 / K0
- HEX 5DADA4
- R93 / G173 / B164

**Light green**
- PMS 382U
- C43 / M0 / Y100 / K0
- HEX 8CC63F
- R140 / G198 / B63

Our phrases

We love talking in a friendly, welcoming, confident, and sometimes playful, voice. Our phrases aren’t used to convey information so much as to capture the spirit of our brand and engage the audience. Our phrases have been crafted by a copywriter, so please don’t change them or make up any new phrases yourself.

They are always set in friendly lower-case or make up any new phrases yourself.

They are always set in friendly lower-case FS Pimlico Bold, which gives them most impact. They are displayed in our three brand colours or in white when used on photography.

**walk**
**this**
**way**

**lead**
**the**
**way**

**best**
**foot**
**forward**

**one**
**step**
**ahead**

**talk**
**the**
**talk**

Our typeface

We selected FS Pimlico, a typeface that is vibrant and versatile, with a friendly and warm feel.

Please use Calibri, our supporting typeface, for instances when FS Pimlico isn’t available – Calibri is widely available in programs like Powerpoint, Microsoft Word and emails. Italic versions can be used for both fonts.

**FS Pimlico Bold**
**FS Pimlico Regular**
**Calibri Bold**
**Calibri Regular**
Our icons and photography

Supporting elements

Our icons and graphic devices and **photography** are our supporting elements.

<table>
<thead>
<tr>
<th>Icon 1</th>
<th>Icon 2</th>
<th>Icon 3</th>
<th>Icon 4</th>
</tr>
</thead>
</table>

Our icons and graphic devices

Our suite of specially illustrated icons are used to bring life and colour to our materials, and have been styled to complement our logo. Please only use icons from the suite provided; do not draw any icons yourself. The graphic devices are the lines and boxes, used when visual breaks are needed. Please use these graphic devices rather than any standard ones available with your design software.

Our photography

Our leaders and our walkers are what make us unique, so our editorial photography needs to show people walking, talking and enjoying each other’s company.

We have a library of images that you can use in your local materials which can be viewed at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or you can use your own scheme photography.
Contact us

If you have any questions about the Walking for Health brand, tone of voice, logo usage, access to the photography library, or to see the full guidelines, please get in touch.

020 7339 8541
walkingforhealth@ramblers.org.uk
www.walkingforhealth.org.uk
Getting active can be difficult. But we’re here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It’s a great way to stretch your legs, explore what’s on your doorstep, and make new friends. For over 12 years, we’ve helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?
Walking is truly accessible – almost everyone can do it anywhere and at any time. It won’t cost you anything, and you don’t need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

• Help your heart and lungs work better
• Lower your blood pressure
• Keep your weight down
• Lighten your mood
• Keep your joints, muscles and bones strong
• Increase ‘good’ cholesterol

How you can get involved
This section is for you to complete about your scheme, for example... Huntingdon Health Walks is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you’d like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you’re free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch on XXX@XXX.com or call XXX XXXX XXXX.

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk

Huntingdon Health Walks
Walks programme
April 2013-September 2013

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers’ Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261027, Scotland no. SC039002, Isle of Man no. 604)
**Willow Bridge Walk**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**North Metropolitan Pit Lake**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**Christleton and Caldy Valley**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**Ellesmere Port & Neston area**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**The Stubbles and Strawberry Hill**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**Roding Valley Nature Reserve**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**Gernon Bushes Nature Reserve**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**Bury Wood Loop**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**Warlies**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk

**North Weald Radio Station**

Every Wednesday starting
Thursday 28 September 2013
10.30am to 12am
Length 90 Minutes

Meet at Priory Park Car Park,
Huntingdon Road, St Neots PE19 1AJ
For more information contact Rachael Tucker on 01234 567 8901 or email rachael.tucker@huntingdonshire.gov.uk
best foot forward

Want to get more active? Then we’re here to help!
Walking is a great way to get fit, explore what’s on your doorstep and make new friends.
Join one of our free and friendly short walks today.

Call Contact Name on: 01234 567890
or email: name@website.co.uk

Visit our website to find out more about your local health walks:
walkingforhealth.org.uk
Action plan

Goal setting
Deadlines to meet

Contact details