

## **Wellbeing walks, rebranded by Ramblers Association from Walking for Health**

### **Report for the meeting of PPG, 13<sup>th</sup> Sept 2024**

#### **Overview**

There has been a decrease in walkers compared with earlier in the year. We have an active team of 20 leaders with two more new leaders who are currently doing the practical training.

We need clarification of how the walks will operate after Ryan Smith's (RS) departure.

We need to establish a more effective protocol in the event of an accident which doesn't require an ambulance.

#### **Attendance**

The hard core of walkers is still about 25 walkers. Numbers have fluctuated but have yet to return to the numbers seen earlier in the year.

The refreshments continue to be an essential part of the offering.

#### **Leaders**

Two people contacted me to ask to become leaders and are in process of training. Although we had thought that we had enough leaders, we have found that having more leaders than just a leader and a back marker makes it easier to manage the walks/support particular individuals.

#### **Training**

We need to provide another first aid and classroom based course so that all leaders are fully prepared. At least 4 need classroom training, at least 8 (including the two new leaders) have not received basic first aid training within the past three years.

#### **Ramblers**

The Ramblers Association is now requiring new leaders to follow a 6 hour course at Chase Meadow as a pre requisite of formal training. Our AMC leaders' training has been provided by RS. We are currently sitting between two systems, where the walks are badged as Ramblers' Wellbeing walks but are insured with general and first aid training provided under AMC's auspice.

**Before RS leaves, we need clarification of how the walks will operate after RS's departure. This is particularly relevant now that we have two more leaders joining us.**

### **Emergency protocols**

Last week, one of ninety plus year old walkers fell on the shortest walk. He did not need an ambulance but he was cut, bruised and shaken. It was not possible to contact the surgery via the prescribed protocol to summon more help. Fortunately, Charlotte Tayte was not with a patient and was able to make contact with AMC and elderly man was taken to the surgery to be checked out.

**As a priority, we need to establish a more robust protocol so that injured or unwell walkers and the volunteer leaders are properly supported.**

### **Summer event**

We held a summer garden party with lots of cake for about 30 walkers and leaders on beautiful summer's day in July.

### **A big thank you**

We will be very sad to see Ryan Smith move on. It is because of Ryan's support that the walks have become so well established and used, providing an important resource for walkers with multiple and varied needs. We wish Ryan well for the future and express our very sincere gratitude for all he has done in both establishing and supporting the walks. We will hold a leaving party for Ryan on 13<sup>th</sup> September.

**All the very best Ryan and a very big thank you.**

**Mary McGrath  
1<sup>st</sup> Sept 2024**