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# CLYDE MUIRSHIEL PARK AUTHORITY

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Report to: Joint Committee  
On: 5 June 2015

Report  
By  
Regional Park Manager

Subject : DEVELOPMENT OF YEAR LONG HEALTH WALKING PROGRAMME

1.0 Purpose of Report:

- 1.1 To advise members of the Joint Committee of the proposed funding application to Awards for All in partnership with The Renfrewshire Walking Network volunteers to develop a year long walking programme.
- 1.2 To inform members that we will be seeking to work with partner organisations to apply for more funding in the future.

2.0 Recommendation:

- 2.1 That the Park Authority supports the continued development of services within the Park.
- 2.2 That the Park Authority recognises that applying for funding and working in partnership with other organisations will provide more opportunities for service users, increase income and raise the park profile.

3.0 Background:

- 3.1 Clyde Muirshiel Ranger Service have been working in partnership with The Renfrewshire Walking Network volunteers leading health walks for all abilities and ages for the past few years. The walks are aimed at improving the general health and well being of participants and range in duration from two to five hours.

Members wishing further information regarding this report should contact Mr David Gatherer, Regional Park Manager, Clyde Muirshiel Park Authority, 01505 614791.

3.2 The Renfrewshire Walking Network and the Rangers are keen to apply for funding to augment their current services, helping provide training for 5 additional volunteer walk leaders, waterproof uniforms to help distinguish the walk leaders from the other walkers and provide a yearlong series of themed walks to encourage more people to take up walking as a sustainable source of transport.

3.3 Clyde Muirshiel Ranger Service want to help raise the profile of the park through increased partnership working, increased opportunities to a new audience and increase the availability for more people to access the Park's services.

#### 4.0 Conclusion:

4.1 Clyde Muirshiel has the policies, procedures and resources in place to deliver more health walk opportunities to the people and communities surrounding the Park.

4.2 A key target of the Scottish Government is to increase the number of adults visiting the outdoors especially those over the age of 55 and those suffering ill health or mental health problems.

4.3 The huge benefits and contribution of walking as an affordable way to get fit requires much more recognition than it currently receives. We hope to address this by promotion of our year long programme of themed walks, encouraging the local communities to participate and explore the natural and social history of their area. This year long programme will be funded through an awards for all application.

4.4 This programme will increase income to the Park.

Contribution to the National Outcomes of Report: Development of Year Long Health Walking Programme.

Completed by: D. Gatherer, Regional Park Manager.

1. We live in a Scotland that is the most attractive place for doing business in Europe	
2. We realise our full economic potential with more and better employment opportunities for our people	
3. We are better educated, more skilled and more successful, renowned for our research and innovation	
4. Our young people are successful learners, confident individuals, effective contributors and responsible citizens	
5. Our children have the best start in life and are ready to succeed	
6. We live longer, healthier lives	Walking activities have been shown to help contribute to healthier lives.
7. We have tackled the significant inequalities in Scottish society	These walks will be open to all.
8. We have improved the life chances for children, young people and families at risk	
9. We live our lives safe from crime, disorder and danger	
10. We live in well-designed, sustainable places where we are able to access the amenities and services we need	
11. We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others	
12. We value and enjoy our built and natural environment and protect it and enhance it for future generations	These walks will increase awareness and understanding of the natural and built environment.
13. We take pride in a strong, fair and inclusive national identity	
14. We reduce the local and global environmental impact of our consumption and production	This project will help reduce reliance on transport.
15. Our public services are high quality, continually improving, efficient and responsive to local people's needs	The project directly delivers on this outcome as local people's needs will be accommodated.