

**Project: Health Walks**

	Milestones en route to delivering key project actions	Progress to date	Learning points to share
<b>April – September 2003</b>	<ul style="list-style-type: none"> <li>• Identify, recruit and train 6 more walk leaders</li> <li>• Deliver a summer walks programme</li> <li>• Set up and deliver one more health walk</li> <li>• Ensure walks continue to be well-organised and safe</li> <li>• Research walker incentives</li> </ul>	<p>One training day held on Friday 2<sup>nd</sup> May</p> <p>Delivered 7 evening walks during August/September (67 people attended)</p> <p>Walk on the Manor estate researched, organised and started.</p> <p>2 volunteer walk leader training days organised (40 people can now lead and promote walks)</p> <p>2 trips organised for walkers to outside areas</p>	<p>To be aware that recruiting volunteers on a permanent basis is very difficult</p>
<b>October 2003 - March 2004</b>	<ul style="list-style-type: none"> <li>• Produce walking booklet to encourage walkers to walk independently</li> <li>• Set up one health walk</li> <li>• Set up walk leader meeting to discuss ideas and progress</li> <li>• Carry out participants survey</li> <li>• Monitor and record and evaluate progress of project</li> <li>• Write year end report</li> </ul>		