

HEALTH INEQUALITIES PROGRAMME 2003-06

Health Action Zone funded initiative

1. Which area of the health inequalities programme is your initiative contributing to? (tick ✓ the appropriate box)	
Pregnancy & early childhood	Tackling the major killers <input checked="" type="checkbox"/>
Opportunity for Children & young people	Strengthening disadvantaged and vulnerable communities <input checked="" type="checkbox"/>
Improving primary care and other public services	Tackling the wider determinants <input type="checkbox"/>
2. Please state the purpose of the initiative.	
To increase the appreciation of walking within Sheffield as an exercise and health enhancing physical activity	
3. Please indicate (a) the target population and (b) the geographical areas the project will target and (c) estimate population coverage	
(a) Sedentary people	
(b) North and south East Sheffield	
(c) approx. 250,000	
4. What will be the key impact of your initiative over the next three years directly or indirectly* on (a) health and (b) core mainstream services, that will achieve your projects purpose?	
	<i>Measure of success (see section 4b)</i>
(a) health impact - encourage more people to walk in their local area. Engage people in more physical activity and encourage the activities to be self-sustaining. Encourage people to lead a healthier lifestyle: healthy eating, social interaction, build confidence and self-esteem, get involved in community activities.	No. of walks/activities organised and no. of participants How people feel about their health and well being and
(b) service impact - It will help PCT's to meet the targets indicated in the National Service Framework and the Health Improvement Action Plans	Contribute to these targets
4 (b) Please indicate above in the measure of success column how you will show this impact	

* This acknowledges that initiatives will not necessarily have a direct impact but will make an indirect contribution to wider programmes. Each initiative is encouraged to think through its own contribution and how they will demonstrate this.

5. What processes have you put in place to gather this information and to review progress in your initiative?

A participants' questionnaire is carried out at the year end.
Word of mouth. - walkers are continually asked about their needs and how they are benefiting from the activities.
Regular meetings with PCT's to pass on information

6. What will be the key actions that the initiative will undertake to achieve the desired impact and purpose?

Set up health walks in consultation with local people
Work in partnership with individuals, local groups and professionals

7. Please identify milestones over the page to show progress of the project for 2003-04 to enable six monthly reporting.

8. What assumptions and/or risks have you identified relating to your approach?

Continual searching for funding is always an issue.
We are responding to demand and need to be continually looking for people to commit to leading walks.

9. Please indicate briefly how you will ensure the work of the project will continue once funding expires.

Walks can become self-sustaining. We are going through the process of finding committed individuals to lead the walks.

10. Please indicate the management steering arrangements for your project including the chairperson's name and where your initiative links into Sheffield First For Health or another part of the family of Sheffield First.

A South East steering group operates to steer the walks in this area and Gail Griffith is the chairperson
The project is represented on the Lifestyle Modification Working Group in North Sheffield and Lis Reid is the chairperson
The project is represented on the Active Sheffield group and the chairperson is Paul Billington

11. Please complete the attached spreadsheet indicating the budget profile for the project.

Please sign on behalf of the project

Signed on behalf of Sheffield First For Health

Name Gail Griffith

Please email by Thursday April 17th 2003 to haz@sheffield.nhs.uk

	Milestones en route to delivering key project actions	Progress to date	Learning points to share
April – September 2003	<ul style="list-style-type: none"> • Identify, recruit and train 6 more walk leaders • Deliver a summer walks programme • Set up and deliver one more health walk • Ensure walks continue to be well-organised and safe • Research walker incentives 	One training day held on Friday 2 nd May	To be aware that recruiting volunteers on a permanent basis is very difficult
October 2003 - March 2004	<ul style="list-style-type: none"> • Produce walking booklet to encourage walkers to walk independently • Set up one health walk • Set up walk leader meeting to discuss ideas and progress • Carry out participants survey • Monitor and record and evaluate progress of project • Write year end report 		

Please return to previous pages to complete the remainder of the project plan.