

Notes of the Volunteer Walk Leader Workshop held at the English Institute of Sport at 13:00 on Friday 26th May 2016

1 Attendees: (52 + 2)

Judith Alabaster	-	Norfolk Park
Brenda Anderson	-	Firshill and Firth Park
Kirsty Armstrong	-	Norfolk Park (Drink Wise Age Well)
Geoff Barker	-	Wisewood/Wadsley
Sue Barker	-	Wisewood/Wadsley
Anne Booker	-	Stannington
Elisabeth Birks	-	Gleadless
Beryl Bonnet	-	Gleadless
Brian Brown	-	Pitsmoor, Firshill, Norfolk Park
Alec Cartwright	-	Handsworth
Sharon Cassinelli	-	Richmond
Alan Chapman	-	Handsworth
Hazel Chilton	-	Woodhouse
Barbara Dixon	-	Firth Park
Pam Eaton	-	Woodhouse
Diz Feeley	-	Pitsmoor
Francis Feeley	-	Pitsmoor
Gerald Fawcett	-	Wisewood/Wadsley
Jennie Fulleylove	-	Ecclesfield
Peter Griffin	-	Grenoside
Lynda Hales	-	Grenoside
John Hamilton-	-	Ecclesfield
Pat Hamilton	-	Ecclesfield
Nick Hyndman	-	Graves Park, Lowedges
Janet Harrison	-	Woodhouse
Mike Hawkins	-	Graves Park
Sally Heseltine	-	Norfolk Park
David Holbray	-	Richmond
Margaret Jackson	-	Richmond
Patricia Langford	-	Wisewood/Worrall
Richard Lee	-	Graves Park, Ecclesall Woods
Sue Lee	-	Graves Park, Ecclesall Woods, Lowedges, Owlthorpe
Don Lennox	-	N/A
Carol Lowe	-	Hillsborough
Roy Mansfield	-	Ecclesfield
Sheila Mansfield	-	Ecclesfield
Margaret Miller	-	Lowedges
Jon Morris	-	Frecheville
Dan Murphy	-	Graves Park
Tony Oxley	-	Graves Park, Porter Valley
Anita Robinson	-	Wisewood/Wadsley
Nigel Ross	-	Porter Valley
Anna Scisłowska	-	Graves Park, Forge Dam, Porter Valley

Liz Seneviratne	-	Stannington
Elaine Shaw	-	Handsworth
Frank Shaw	-	Handsworth
Gill Stern	-	Ecclesall Woods
Mike Stern	-	Ecclesall Woods
Jim Swift	-	Grenoside
Freda Vessey	-	Stannington
Michael Walker	-	Frecheville
Robert Wardle	-	Grenoside
Sarah-Jane Pickering	-	Walking for Health
Lee Smith	-	Activity Sheffield

2 Apologies: (25)

Steve Baker	-	Forge Dam, Ecclesall Woods
Joy Barlow	-	Ecclesall Woods
Anna Benson	-	Porter Valley
Jackie Burrows	-	Lowedges
Audrey Crowder	-	Owlthorpe
Ken Crowder	-	Owlthorpe
Sandra Dawson	-	Graves Park, Lowedges
Mary Deakin	-	Ecclesall Woods
Andy Dickinson	-	Graves Park
Val Ellis	-	Pitsmoor
Jean Fawkes	-	Ecclesall Woods
Maralyn Guthrie		Crystal Peaks
Jeanette Longley	-	Owlthorpe
Malcolm Hill	-	Owlthorpe
Kath Miller	-	Lowedges
David Partridge	-	Ecclesall Woods
Jenny Smith	-	Ecclesall Woods
Peter Smith	-	Ecclesall Woods
Sue Stone	-	Porter Valley
Peter Timms	-	Graves Park, Porter Valley, Forge Dam
John Ward	-	Lowedges
Cynthia Ward	-	Lowedges
Ian White	-	Owlthorpe
Howard Winwood	-	Owlthorpe
Sheila Winwood	-	Owlthorpe

3 Welcome/Introductions

Francis Feeley opened the workshop, welcomed the volunteer walk leaders (VWLs) and thanked them for coming. He outlined a number of ad-hoc meetings held in the two months since the role of scheme co-ordinator was made redundant and Tina Moores left her post. These meetings were convened by a small group of concerned VWLs who called themselves a steering committee. 14 VWLs had been involved in one or more steering group meetings. Staff from Voluntary Action Sheffield (VAS), Activity Sheffield and Walking for Health has also attended some of the meetings. A grant

application to fund a Health Walk development officer, submitted with the help of VAS, had not been successful. At this point Francis handed the floor to Sue Lee.

Sue explained that, after the collapse of the funding bid, 'Step out to a Better Lifestyle' was left with the following options:

- To draw upon the collective skills of the 140 VWLs who lead our walks and become a self-managed scheme under Walking for Health.
- To leave the umbrella of Walking for Health and walk as groups of friends (without insurance).
- To stop walking altogether.

In Sue's mind the last options were unthinkable. She explained that being accredited by Walking for Health for maintaining good standards of practice, health professionals can sign-post patients and socially isolated people to our walks. These are precisely the client groups we are trying to target, so being accredited was extremely important.

Sue presented an outline plan of how VWLs might be able to share the co-ordinator's various roles across the city so that no volunteer was expected to shoulder too much responsibility and the whole of the city was involved.

Some preliminary work had already been done and, with the support and help of Walking for Health employees in London, a draft leaflet had been produced. A donated pay-as-you-go mobile phone had been set up as a low cost enquiry line and Richard Lee had begun to work on a web site for the scheme. He was invited to demonstrate it. The web site (www.healthwalksinshffield.btck.co.uk) is hosted on a BT community server so there were no set-up costs and there won't be any running costs! The front page includes a link to the national Walking for Health scheme and the walks programme leaflet can be printed directly from the website. A page is available for each walk and three have been populated with information and photographs as examples (Pitsmoor, Graves Park and Lowedges). Richard requested suitable words and photographs from the other walks so he can complete those pages.

4 The Proposal from the steering group to be considered by the assembled meeting:

To become, with immediate effect, an independent, self-managed, Walking for Health scheme.

Before a vote was taken VWLs were asked to consider the following points

1. A key worker (together with a deputy) can reasonably be expected to liaise with the VWLs on up to 5 other walks. Agree/disagree
2. There are benefits to working more closely with other walking groups in the same sector of the city. Agree/disagree
3. The draft programme of Sheffield walks is adequate until we get funding for a proper print run. Agree/disagree
4. Having a free website to promote each of the walks in our scheme is a great idea. Agree/disagree

5. We support the proposal put before us today

Agree/disagree

Time constraints meant there was time to discuss the first four points but not to vote on them. 49 VWLs voted in favour of the proposal. There were 3 abstentions and no votes against. 24 proxy votes had been received, all of them in favour of the proposal. Francis Feeley thanked the VWLs for their overwhelming support and explained that the outcome gave the steering group a clear mandate to go ahead and develop a management team to run Sheffield's Step out to a Better Lifestyle scheme.

5 What next?

- VWLs were asked to indicate their training requirements (first-aid, mental health awareness, visual awareness, deaf awareness, and database instruction).
- VWLs were also asked what roles they would consider filling to help the scheme work towards city-wide self-management until such time as we can find the resources to fund a part-time co-ordinator.

[skills needed: key workers to support a small number of walks in one geographical area, data entry volunteers for individual walks, help-line contact, admin support, social secretary to arrange events and meetings, safety officer, publicity skills, fundraising.]

- VWLs were asked for their contact details for the circulation of minutes and follow-up information.
- Lee Smith had prepared a leader pack for each walk with a register for the next quarter, accident report form, walker registration forms and information sheets.
- A photograph consent form (from the Walking for health website) was circulated.
- A walk and a picnic in Derbyshire for VWLs is being planned for September. The likely venue is Cromford Canal and the event is very kindly being funded by Drinkwiseagewell.

6 Date of next meeting

Not discussed.

Meeting closed 2.50pm