

## Benefits, systems and support

The network has benefits for partners, referrers and walk leaders including:

### Information about and promoting walks:

- We create programmes and other additional materials to help promote the network and its walks<sup>^</sup>
- We have a webpage where we are able to list all the walks in the network\* ([www.cheshirewestandchester.gov.uk/walks](http://www.cheshirewestandchester.gov.uk/walks))
- We link all walks in the network to our LiveWell webpage (<https://www.livewell.cheshirewestandchester.gov.uk/Services/3493>)

### Single sign-up process:

- We have the facility for participants to have a single sign-up for all the walks in the network\* with online and paper options (<https://www.ramblers.org.uk/wellbeing-walks-sign-up>)
- There is a range of walks across the network enabling more inclusivity and choice

### Supporting walk leaders and coordinators:

- We can provide free walk leader training\* and on-going support and mentoring for walk leaders and coordinators
- We have a library of resources and templates that can be used for walks\*
- We have other useful resources available for you to have or loan for your walks e.g. hi-vis vests, walking poles, In Case of Emergency cards, promotional flag banners
- All trained walk leaders will qualify for insurance\*
- Walk leaders can upload registers via an app enabling us to collate and extract insights\* for individual walks to help with any reporting requirements
- We organise additional training opportunities for walk leaders to support them in their role

<sup>^</sup> where walks are closed groups for particular needs or protected characteristics, we are able to keep details private for the protection and sensitivity of participants

\* In partnership with Ramblers Wellbeing Walks

## Get in touch

Want to get involved or find out more, contact Suzannah or Mary on [healthranger@cheshirewestandchester.gov.uk](mailto:healthranger@cheshirewestandchester.gov.uk) or 07872464989 / 07769910127



## Information for potential partners and referrers



## About Cheshire West Wellbeing Walks Network

Cheshire West Wellbeing Walks Network is made up of volunteers and organisations all delivering free Wellbeing Walks in Cheshire West and Chester.

The Council's Green Infrastructure Team set up and continue to coordinate the network. Working with partners and volunteers, the team provides systems, training and insights to help grow and sustain the network in the Borough, helping more people to come together and connect to green spaces in their local community, whilst improving their physical and mental health.



## What is a Wellbeing Walk

Our Wellbeing Walks are short, gentle and social walks that take place regularly, led by trained and insured walk leaders. We have a range of walks typically from 30 to 90 minutes long. Each of the walks in the network has its own character, reflecting the walk leader's interests, the locality and the community, with most walks finishing with a well-deserved cuppa at the end.

The majority of our walks are open to all with no need to pre-book, however we do have some walks that are closed groups for particular needs and / or protected characteristics, where details of the walk can be kept private and a booking system set-up or if partners require a separate booking system for project purposes.

We also host one-off taster or themed walks from time to time to help engage new communities in Wellbeing Walks, where we have the capacity to do so.

## Information for potential partners and volunteers

The network works with individuals, groups and organisations who can collaborate with us either in a work capacity or as a volunteer.

The benefits of being part of the network are that you will have access to all the systems and support detailed on the back page of this booklet. The systems we have can also enable you to start using volunteers, helping you increase community engagement, increase capacity and to support the sustainability of your walks.

By being part of the network, you will enable us to build a clearer picture about Wellbeing Walks in Cheshire West and Chester and add to the valuable insights about the benefits they bring to participants. With this, we are better able to help build strategic support in this area and enable greater opportunities to co-produce projects and local strategy.

## Information for potential referrers

Our walks are led by trained and insured walk leaders who are supported to provide safe and inclusive walks. Our walks support people to get outside, explore and engage with their local neighbourhood and green spaces, whilst also benefiting from the social community the walks foster.

Our network of walks is open to all, including walkers and wheelers, children and adults. We recommend that people get in touch with the walk or network coordinator prior to attending for the first time so that they can discuss any needs they have and support that can be given. We do ask that people under 18 and adults who require additional support are accompanied by a responsible adult / carer.



## Partnership agreement

We ask that all partners who have walks included in the network agree to the following terms in order to keep walks safe and inclusive and to help us protect and grow the network:

- The walk has relevant health and safety, safeguarding and equality policies & procedures including risk assessments, insurance and training / competency level
- Keep us updated with any changes to the walk(s)
- Use the network's systems for data collection and / or share anonymised impact data periodically
- Make reference to the network in your promotional materials for the walk(s), providing relevant links and details for people to find out more.

## Cheshire West Wellbeing Walks Network



Coordinating by the Green Infrastructure Team in partnership with

