

Why is walking important to you personally or in your work?

Mental and physical health

Mental Health benefits as well as physical

to get out and about

Accessible to most people

It's a breath of fresh air! Want as many people to enjoy walking as possible and enjoy the benefits of walking

Personally, I definitely need walking for my mental health. In work, it's about encouraging people to be active in a way which suite them and walking is so accessible!

It's an easy way for most people to build activity into their daily life's

Good for my own wellbeing

Stress relief!

Why is walking important to you personally or in your work?

simplest form of exercise

Low impact activity which the majority of people are able to access. Brings great benefits to physical and mental health.

I love the fresh air, it is a great exercise - it is cheap, easy to access

Mental wellbeing

It's good for me, I walk to work most days and its a mental buffer between school drop off and work. On a personal level it allows me to connect with my family or get some head space. I hate running so walking is better.

physical wellbeing

Important in work as we are a wellbeing charity - we recognise the benefits of physical activity. Walking can be rigorous or light and therefore can be tailored for a wide audience. Walking is good for your wellbeing, fresh air, headspace, scenery

Be Active - one of the 5 ways to wellbeing

For my own health and wellbeing, and as an accessible option for the inactive in our communities

Why is walking important to you personally or in your work?

Good for my wellbeing and a great way to explore, slow down and see the world. Walking has always been important to me and is important to my work.

Which system partner do you represent?

making connections
peak national park
walk derbyshire
public health
local authority
vcse
evaluation partner
community and volunteers
active derbyshire
local planning authority

What is your expectation from this work?

Joined up approach

Better working together

Collaboration across the system, better relationships and understanding

To have more partners on board and more people walking in High Peak

learn

we become even more connected, aware of others and have ideas for better working together.

Everybody working towards the same goals

partners working together

Joined up approach to developing walking opportunities

What is your expectation from this work?

To gain an understanding of a joined up approach. Zink have had lots of support from Ross and Jo.

improved walking routes for people to access

Working as equal partners across the system to encourage walking and making it more accessible

Making connections and being involved

Better links between partners - joined up thinking. Opportunities for connecting communities to health and wellbeing benefits and opportunities in National Park

A constantly evolving 'real world' positive change across the system

To understand how we can work together better - collaboration across the 'system'

Sharing of ideas, understanding how partners can work together and what can be offered.

Health prevention from early age

What is your expectation from this work?

more collaboration, less duplication, more partners on board, prioritising walking

To be able to really target communities and areas where there is need and to understand the issues better!

Where do you feel you fit into this work having been involved in today's session?

Thank you. It helps us at Zink evaluate our small walking group and make sense of its purpose and value.

Would love to be part of the system approach to understanding and improving walking and moving more in the High Peak :-)

Providing self lead or supported walking opportunities to fit most need determined by ongoing analysis

One of the cogs in a fairly complex system

Fits in very well with our social prescribing, wrap around services to reduce isolation. comm health and well being.

Our Parks and greenspaces - what else can we do to encourage walking?

VCSE work with people in communities, we can work to understand some of the data and what that actually means, for people we can assist in landing ambitions around walking and we can get community champions to support these ambitions

Useful data and insight to share

Community insight, real stories within these communities we've been talking. What barriers they face

Where do you feel you fit into this work having been involved in today's session?

Shared ideas and learnings help us all understand further local context nuances.

Interesting data and conversations. Useful to think about how other teams from the national park could be involved in this conversation. Very helpful