

What Is Walking For Health?

The aim of Woking Health Walks is to improve the health and well being of the residents of Woking. These walks are part of the national Walking for Health scheme and are hosted by Next Steps in Woking. The Walking For Health Scheme aims to encourage **people of all ages** to take part in local walks led by trained volunteers. It is a joint initiative by Natural England and the British Heart Foundation.

The walks, last for **about an hour** and are on fairly flat ground. The routes always finish back at the starting point.

Walkers are encouraged to walk at a pace that suits them. Ideally this pace means you will feel slightly warmer, breathe a little faster and your heart will beat a little faster. Imagine you are late for an appointment, but still able to talk whilst walking. If you can't carry on a conversation then you are going too fast!

There will be a walk leader leading the group and a back marker to make sure everyone gets back safely.

Bring this form along to your first walk. It will then be passed to our coordinator to make sure you go on our mailing list to receive updates and information about the walking scheme.

Your contact is:
Judith Sergeant
CornerHouse
2, Courtenay Road
Woking, Surrey GU21 5HQ
Tel: 01483 757461
e-mail: Judith@cornerhousewoking.org.uk

JOINING FORM

PART 1 - Participant Details

Title Miss Ms Mrs Mr
Name
Address
.....
Postcode
Telephone No
E-Mail
Date of birth
Emergency contact name and Number
.....
How did you hear about us?

PART 2 - About you

1. New Walker?
Existing Walker?
Returning Walker?
(not walked for 3 months or more)
2. Are you a trained volunteer walk leader?
YES/NO (Delete as appropriate)
3. Have you been recommended by your doctor or health professional to come on to this scheme? YES/NO (Delete as appropriate)
4. In the past week on how many days have you done a total of 30 minutes or more of physical activity which was enough to raise your breathing rate. This may include sport, exercise, and brisk walking for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

0	1	2	3	4	5	6	7
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5. Gender: Male Female

6. Ethnicity
(a list can be obtained from leader)

Using and Sharing your information

Your information will be held by Natural England, in accordance with the Data Protection Act 1998. It will be used by each local scheme to evaluate their health walks and show funders that they offer value for money. It will be used by the local coordinator to give you information about walks, for example if a walk is cancelled. Summary information will also be used by Natural England to further its work on safeguarding and promoting the use of the natural environment to improve the health of the population. The information will be collected by walk leaders and passed on to walk coordinators for inputting into a central database. This will be used to draw anonymous reports for both the local scheme and the national programme. The results of any analysis will be used to influence and support further funding bids for the local and national schemes and help define the health value of the natural environment.

I have read and understood the above statement and agree to my data being held for the purpose outlined in this form.

Signed..... Date.....

If you would like further information about the services provided by Next Steps Depression Support please contact us on 01483 757461

Office Use Only:

P.T.O

The Health Screening

This questionnaire has been designed to identify the small number of people for whom it would be wise to have medical advice before starting.

PART A

1. Has your doctor ever said that you have a heart condition?

- Yes No

2. Do you feel pain in your chest when you do physical activity?

- Yes No

3. Do you lose your balance because of dizziness or do you ever lose consciousness?

- Yes No

4. In the past month have you had a pain in the chest when you were NOT doing physical activity?

- Yes No

5. Do you have a bone or joint problem that could be made worse by a change in physical activity?

- Yes No

I understand that if I have answered YES to one or more of the above questions I should seek medical advice before undertaking a walking programme. I agree to tell the walk leaders if there is a change in my medical condition. I understand that this information will be shared with other walk leaders and that I walk at my own risk.

Signed

Date

PART B - In order to make the case for funding for your walking scheme, please help by answering the following questions:

6. Have you been diagnosed by your doctor or health professional with any of the following medical conditions:

<input type="checkbox"/>	Heart disease
<input type="checkbox"/>	High Blood Pressure
<input type="checkbox"/>	COPD (Emphysema and Chronic Bronchitis)
<input type="checkbox"/>	Diabetes
<input type="checkbox"/>	Asthma
<input type="checkbox"/>	Depression

7. Do you have a long-standing (ie: for more than 12 months and likely to continue) illness or disability which affects (or limits) your day to day activities?

- Yes No Prefer not to say

If Yes please give brief details:

Please speak to the walk leader if you have any other conditions you feel they might need to know about.

Please note walk leaders and back markers will do their utmost to keep walkers safe. Ultimately though each walker is responsible for his/her own individual safety and walk at his/her own risk.



**WALKING
FOR
HEALTH
IN
WOKING**



Do you want to be more active?

Then here is your chance. "Walking for Health" walks happen every week whatever the weather, and are free. The walks last for **one hour** and are designed to improve health, fitness and wellbeing.

**Wednesdays
10.45am for 11am start**

Meet by the Lightbox Reception

(Nearest car park - Brewery Road)

On the **first Wednesday of each month** there will be a special walk from a different start point, so that we can explore the Woking area. Either meet at the Lightbox at 10.45am for directions or a lift, or go directly to the start point for 11am. For details of the start point for the monthly special walk, or for more information about the scheme please contact your Walking for Health Coordinator Judith on:

01483 757461

Next Steps



www.nextsteps.me.uk