

Report

Cabinet Member for Community, Work and Skills

Part 1

Date: 24 April 2017

Item: 01

Subject Walk the Port – Skyline Challenge Walking Event

Purpose To update the Cabinet Member on the Walking event that is proposed to be taking place on 9th September 2017, as part of the promotion of physical activity in Newport.

Author Partnership & Policy Officer / Health & Wellbeing Project Officer

Ward General

Summary One of the priorities set out in the Single Integrated Plan (SIP) for Newport is to increase physical activity across the city.

One of the projects defined to achieve this is to promote walking by developing sustainable walking groups and organising a sustainable annual walking event.

With this in mind the second Walk the Port – Skyline Challenge event is proposed to take place on 9th September 2017. The date has been chosen by considering a number of factors such as other local physical activity event, time to promote and availability of volunteers. A number of the walks will be lead and supported by volunteers from various walking groups, the majority of these volunteers are available to support the event on this date.

This will be funded with grant funding from Let's Walk Cymru. Partners from a range of organisations are working together to ensure a successful event, with Newport Live taking lead on the event by managing the project.

Proposal **Cabinet Member is asked to consider the overview of the Walk the Port Skyline Challenge event and support this initiative**

Action by Partnership and Policy Officer

Timetable Immediate

This report was prepared after consultation with:

- Head of Law and Regulation
- Head of Finance
- Head of People and Business Change
- Public Health Wales

Background

The Welsh Health Survey is undertaken on an annual basis and covers the health and health-related lifestyle of people living in Wales. In the latest release of the Welsh Health Survey 2014/15 the following statistics have been published for the Newport population:

- 27% of the adult population surveyed reported being physically active on 5 or more days in the past week (age-standardised).
- 35% of the adult population surveyed reported being physically active on no days in the past week (age standardised).

Inactivity is linked to diabetes, coronary heart disease, obesity and some cancers.

Brisk walking is known to be one of the best forms of activity - it's free, accessible and available to a range of abilities. Walking is a key activity that could potentially reach even the most inactive people.

Newport City Council applied for grant funding from Let's Walk Cymru (Ramblers Association Cymru) for the period 2014-2017. A grant of £25,000 was awarded to be spent over the three year period. There has been an extension period given from Let's Walk Cymru where the remaining £8,500 can be utilised for the period 2017-2018. This is to hold the second annual walking event, make the event sustainable and to support other community based walking groups and activities.

Let's Walk Cymru is a Wales-wide initiative tasked with increasing the number of people undertaking walking as a regular health benefiting activity. The Let's Walk Cymru scheme contributes to achieving the targets set out in the Welsh Assembly Government's "Creating an Active Wales". Wales' natural environment provides individuals with ample opportunities to get to know the community, the area and the country.

This funding opportunity was offered to build on the success of Walking the Way to Health (WW2H) model. Ramblers Cymru, on behalf of Welsh Government, challenged organisations to develop walking-based programme which extends the previous WW2H initiative. It seeks to explore new and innovative ways of promoting walking to improve health and wellbeing. The application needed to demonstrate how the project would incorporate the core components of Let's Walk Cymru

The core components are:

- Target age group is adults 16 years old and over and areas where there are less opportunities or access to outdoor physical activities such as walking.
- Provide self-help information on walking opportunities in your area.
- Links to local exercise referral scheme as an exit route for adults who may need extra support to participate in physical activities due to adverse health conditions.
- Links to Communities First
- Offer a program of led walks at an appropriate level for a range of participants. Walk programmes should vary in duration and intensity and show progression relative to the target group/s.
- Links to existing local walking groups to enhance the walkers' journey and provide a wider opportunity of walking in your area.

The focus of Let's Walk Cymru remains on targeting the population, particularly those who will benefit the most.

This funding opportunity is more than just health walks in the traditional sense and supports development of walking programmes for workplace health and active travel.

The Let's Walk Cymru scheme encourages the use of a targeted approach of working with specific groups. This will potentially increase the effectiveness of sustained group activities, having a structure to link in with volunteers and provide a focus on monitoring and evaluation purposes.

In Newport the funding bid included the following projects:

Year 1 (2014-15)

Set up sustainable walking groups linked to the Exercise Referral Programme.

Year 2 (2015-16)

Set up sustainable functional fitness walking group linked to the four Communities First Clusters.

Year 3 (2016-17)

Develop and promote a sustainable annual walking event

Set up sustainable workplace walking groups.

Promote City Centre/Riverside walking routes.

Last Year's Event

Last year was the first Walk the Port annual walking event, also named 'Skyline Challenge'.

The event was deemed a success after 125 out of 145 participants attended, on what turned out to be an awful day for walking weather.

Despite the weather though, there were numerous positive comments fed back to organisers. Such as "Discovering parts of Newport we didn't know existed" and "I had not realised how much brilliant scenery there was so close to town".

Many also commented on the varied choice of routes, this is why the decision has been made to keep the routes that same for this year's event because last year's weather did not allow participants to take full advantage of the routes and their views.

The event also encouraged positive partnership working between all of the community walking groups and other organisations.

Walking Event

The second Walk the Port annual walking event is proposed to take place on Saturday 9th September 2017. This year's event will be called the Newport Skyline Challenge, the same as last year's event as the routes are remaining the same. The event will offer walking routes for all fitness levels and abilities. All routes provide stunning surroundings that let you enjoy Newport's varied countryside. The event will include

- A 1.5 mile led walk
- A 3 mile led walk
- A 4.5 mile led walk
- A 9 mile self-led challenge and led walk
- A 16 mile self-led challenge and led walk

The event will start and end at the Active Living Centre, Bettws. All routes have been mapped and the following partners and sponsors are working together to plan and execute a successful day:

- Newport Live (Lead organisation)
- Newport City Council
- Alzheimer's Society
- Let's Walk Cymru
- South Gwent Ramblers
- Walk Newport
- Newport Outdoor Group
- Long Distance Walkers Association (LDWA)
- Aneurin Bevan University Health Board
- Tesco

The working group have made a joint decision that this year's event will be supporting the Alzheimer's society. The charity is the leading dementia support and research charity, there for anyone affected by any form of dementia. They provide information and practical and emotional support to help people live well with dementia, and they invest in research.

They also campaign to improve public understanding of dementia and the impact it can have. In the Newport office they provide services such as:

Activity groups, Community support groups, Younger person support groups, Advocacy, Befriending, Carers support group and Dementia Support primary care.

Newport is working towards becoming a 'Dementia Friendly City', this is Alzheimer's Society's biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about the Dementia Friends programme to visiting someone you know living with dementia, every action counts. Many sessions are taking place across the Newport and some school / organisations / businesses and members of the local community have already become Dementia Friends.

The event will show its support by encouraging participants to become 'Dementia Friends', invite the charity to attend and display their information to the public, encourage people to become volunteers for the charities many projects, include the charities members in the walks and provide the opportunity for people to make donations at the booking stage or on the event day.

Project and Performance Management

A project task and finish group has been set up with key partners and sponsors. The group was set up to monitor and deliver on the project action plan and report progress and performance to the Health & Wellbeing Theme Board on a quarterly basis in line with the [SIP Performance Management Framework 2016-17](#).

Financial Summary

The costs associated with this initiative are covered by grant funding as outlined in the report.

Risks

Risk	Impact of Risk if it occurs* (H/M/L)	Probability of risk occurring (H/M/L)	What is the Council doing or what has it done to avoid the risk or reduce its effect	Who is responsible for dealing with the risk?
Injury of participants at the event	H	L	The terms and conditions for entry into the event are based on a contractual booking agreement with the Council and, although the terms purport to exclude all liability for any injury to participants, this will not be possible where there is an assumed duty of care in relation to led or supervised walks. Therefore, appropriate insurance to cover this will be sought for the event.	Partnership & Involvement Manager

* Taking account of proposed mitigation measures

Links to Council Policies and Priorities

The Health & Wellbeing Theme of the Single Integrated Plan is described as:

Improving health, wellbeing, and independence by:

- *Promoting and supporting healthy living throughout life;*
- *Prevention, early intervention, and self-management of illness;*
- *Reducing inequities in health;*
- *Enabling people to take a personal and shared responsibility for their own health and that of their families;*

The Newport City Council Corporate Plan, Greener and Healthier City sets out the importance of people leading healthier lives.

This initiative will promote healthier lifestyles by promoting the benefits of regular walking.

Options Available

The options available are:

1. To agree the proposal for this year's Walk the Port walking event and support the initiative,
2. To amend the proposal for this year's Walk the Port walking event.

Preferred Option and Why

Cabinet Member is asked to consider the overview of the second Walk the Port Skyline Challenge event and support this initiative as part of the promotion of physical activity in Newport.

Comments from the Single Integrated Plan, Health & Wellbeing Theme Lead, Public Health Wales

Driving cars contributes to traffic congestion, air pollution, and the risk of injury to road users, whereas walking and cycling pose little risk to others and provide opportunities for physical activity. Increasing physical activity in the population has been described as a "best buy" for improving public health, but we have tended to promote physical activity as leisure and through individual behaviour change. The Walk the Port Newport Skyline Challenge event will seek to promote walking to a large proportion of the population of Newport.

Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers. The National Institute for Health and Clinical Excellence (NICE) recommend communications strategies to publicise available facilities (such as walking or cycle routes) and to motivate people to use them. The Walk the Port Newport Skyline Challenge event support this and is a priority in the Health and Wellbeing Theme of the Single Integrated Plan and the Healthier Wales goal of the Well-being of Future Generations (Wales) Act.

Comments of Chief Financial Officer

Let's Walk Cymru has confirmed that they will be extending the grant period for another 6 months. Although the grant allocation has not be finalised yet, they have confirmed that Newport will receive an extension to the grant system which is currently in place, and there is an underspend of £8,500 in 2016/17. The event will have to be contained within the final amount specified by Lets Walk Cymru and adhere to any terms and conditions set out.

Comments of Monitoring Officer

There are no specific legal issues arising from the report. The organisation of this "Walk the Port" event is in accordance with the Council's general well-being powers, the Single Integrated Plan and the healthier Wales goals under the Well-Being of Future Generations (Wales) Act. However, the terms and

conditions for entry into the event are based on a contractual booking agreement with the Council and, although the terms purport to exclude all liability for any injury to participants, this will not be possible where there is an assumed duty of care in relation to led or supervised walks. Therefore, it will be necessary to ensure that the appropriate insurance cover is in place for the event.

Comments from Cabinet Member for Culture, Leisure & Sport

As Cabinet Member for Culture, Leisure and Support I am pleased to support the second Walk the Port event which we are working in partnership with Newport Live to deliver. Walking has excellent health benefits and it is important that we continue to promote health, leisure and sporting activities in our communities.

Comments from Deputy Leader

As Chair of the One Newport Public Services Board I endorse the proposal for the Walk the Port event, which promotes physical activity as part of the Health and Wellbeing Theme in the Single Integrated Plan. This important initiative will promote healthy lifestyles and the benefits of regular walking. Being active is fundamental to our well-being goals as people's health, independence and resilience has a wider impact on all other aspects of their life.

Comments of Head of People and Business Change

There are no direct staffing implications. This walking event will be led by Newport Live, managed within existing staffing resources in partnership with a range of other organisations.

This proposal supports the priorities of the Health & Wellbeing Theme of the Single Integrated Plan by promoting physical activity at a range of ability levels. Physical activity contributes to wellbeing and is essential for good health. In addition, this proposal considers all aspects of the sustainable development principle of the Well-being of Future Generations (Wales) Act.

Local issues

No impact on individual wards.

Scrutiny Committees

Progress on the SIP health and wellbeing theme is regularly reviewed by Scrutiny Committee.

Equalities Impact Assessment

The proposal does not require a Fairness and Equalities Impact Assessment.

Children and Families (Wales) Measure

Not applicable.

Consultation

Comments received from wider consultation have been incorporated into the strategy.

Wellbeing of Future Generations (Wales) Act 2015

The strategy supports the Wellbeing of Future Generations (Wales) Act 2015 as outlined below:

- **Long term:** The concept of this event is to get people of all abilities walking so as to reduce both short term and long term need.
- **Prevention:** Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers.
- **Integration:** How healthy, independent and resilient people are has a wider impact on all other aspects of their life. Whether they can work, attend education, take part in social activities and contribute to their communities is all influenced by this objective. This is why this being and staying active is fundamental to all the Well-being Goals.
- **Collaboration:** This project will be worked on by a range of partners as set out in the report.
- **Involvement:** Evaluation forms were completed by attendees of the 2016 event and the results of this engagement process have been considered in developing the event for 2017.

Background Papers

One Newport Single Integrated Plan

Cabinet Member report June 2016: Walk the Port – Skyline Challenge Walking Event

[NICE Local Government Briefing: Walking and Cycling](#)

Dated: 24 April 2017