

**South Oxfordshire Health Walks Steering Group**  
**5<sup>th</sup> February 2007**  
**Committee Room 4 SODC**

Present:

Anne Lister (AL)	SODC
Fran Piggott	Henley
Robin McStay (RM)	Didcot
Jill Greenwood (JG)	Sonning Common
Stephanie Bridle	Goring
Margaret Wiggall	Benson

Agenda Point	Discussion Notes	Action
1. Apologies	Fay Rouse Natural England Barbara Jordan OCC Anne Ambler PCT Val Viner Wallingford	
2. Previous Minutes	No matters arising. All present agreed with minutes	
3. Co-ordinator's Update	<p>AL updated the meeting on the following:</p> <ul style="list-style-type: none"> <li>• SODC have asked AL to continue in the co-ordinator's role beyond 31.03.07. AL is not certain for how long so it is important to concentrate on those activities that make the walk schemes as self sustainable as possible.</li> <li>• Long term it is hoped that a role will be created within SODC to support active recreation, including health walks.</li> <li>• The Didcot Mums and babies walk is progressing well. Four walk leaders have been trained and walks are taking place every Wednesday afternoon.</li> <li>• AL is progressing a potential walk in Wheatley</li> <li>• AL is holding a walkers awareness session in Thame on 17<sup>th</sup> Feb to help the walk leaders.</li> <li>• Updates to the next walk leaflet print are required by the end of Feb</li> <li>• Another first aid course will be held on 26<sup>th</sup> Feb</li> <li>• AL asked for statistics from the walk schemes for 2006 by the end of Feb</li> </ul>	All

	<p>– Total walkers, number of different walkers and number of new walkers.</p> <ul style="list-style-type: none"> <li>• AL advised that Natural England had been unsuccessful in its bid for Big Lottery Funding. FR had advised they were now looking at other ways to progress initiatives</li> </ul>	All
5. Update from Schemes	<p>Wallingford – AL advised that she and VV had discussed at length the Wallingford health walk. It is impossible for VV to continue the walks single-handed. AL has therefore written to all the walkers advising of two options – to find more walk leaders or formally disband the health walk but for it to continue on an informal basis.</p> <p>Sonning Common – The walks are progressing well with ten walks per week. Four new walk leaders have been trained and there are a few new walkers. JG and AS are to speak at an obesity clinic in March and are proposing to include a trial health walk</p> <p>Didcot - Two walks per week. Regularly 6 to 12 walkers per walk and a few new walkers recently</p> <p>Henley – Two new walkers to first steps walk on Tuesdays. Numbers on Thursday evenings have dropped but hopefully will pick up during the summer. Social events well attended.</p> <p>Benson – Three walks per week but planning to add an additional walk on Wednesday mornings. Walks generally ticking along with some new walkers. Xmas walks successful</p> <p>Goring – walks going well with a good number of walkers. A record 49 walkers recorded on one walk! Barn dance very well attended. A Monday evening walk is to be included for the Summer</p> <p>Thame – The number of walkers is slowly</p>	

	<p>increasing – regularly 10 to 12 walkers. One walker slipped over last Saturday and AL reminded everyone to fill in an incident form in such circumstances</p>	
AOB	None	
Next Meeting	<p>It was agreed that the steering group meetings would be reduced to one per quarter. AL will provide a written update if required between meetings. Next meeting will be 12 noon 14<sup>th</sup> May 2007 Council Offices Crowmarsh</p>	

PS from Stephanie who has insisted that this note be appended to the minutes. Who am I to argue? BN

"It is apparent to everyone on the Steering committee at SODC that our Health Walks group is extremely successful both in the size of its membership and the esprit that it engenders. At the last meeting I told the attendees that I felt our success was very much due to the dedication, inspiration and team leadership of Bernard (with Judy's constant support). His help in training leaders from other groups was also gratefully acknowledged at the meeting."