

The Daily Walker



Welcome to the first edition of "the Daily Walker" – the Simply Walk newsletter

This newsletter is for you... our walkers, and fantastic band of walk leaders who are out there, tramping the Rights of Way of beautiful Buckinghamshire helping to keep us all fit and well.

We want your news, views, ideas and photos. Are you healthier and/or happier? Have you made new friends, taken up new hobbies, discovered new places, as a result of joining us? We'd love to hear from you.

Doug...still marching



Doug (bottom right) Marlow – Sunday 8 November

Once again, Doug Schlaepfer, Burma star holder, and veteran of Kohima, was the oldest marching soldier at the Remembrance Parade in Marlow on Sunday 8th November, and laid the wreath for the Burma Star 14th Army Association. Doug, who will be 91 this year, walks regularly with "Simply Walk" in Lane End, where he has made lots of friends and is a much loved and respected part of the group. He has personally donated a gate to replace a stile in Lane End as part of the "Donate a Gate" scheme.

The Reluctant Walk Leader

Eugenie Pattison 2009 (Black Park Walk Leader)

It all began when I read a notice pinned to the library notice board, 'Simply Walks' in Black Park. I had recently retired from work and was looking for activities of interest in my area, so I thought I'd give it a try.

Black Park was a new walk then, and volunteer walk leaders were needed. Now, I am not famous for my sense of direction so I just prayed they wouldn't ask me! However, over the next few Thursdays the plea for leaders became more urgent so I decided to make a few tentative inquiries, and find out what would be expected of me. I was reassured that all would be well, and not to worry... so I volunteered. I attended the Volunteer Walk Leaders' training day, - so far, so good. What was worrying me was leading my first walk! So, on Sunday mornings I could be found in Black Park, practicing my route. My turn came to lead. The group were wonderful, full of encouragement and gentle banter. I introduced myself, said where we were heading, where we would finish and off we went. All was going well until I came to a cross roads... which way? All the paths looked the same! On my practice walks I felt I had perfected the route. I felt a gentle nudge and a voice whispered, 'the sign says café, to the left'.

These walks have given me a new found confidence and pleasure, not only in exploring the park, but also leading walks, so that others may share that enjoyment.

Simply Walk depends on people like Eugenie. Why not consider helping us as a leader or back marker? Training is FREE. The next training day will be in early March 2010. Please contact Fiona if you or someone you know is interested.

Survey result

In August we ran a survey to ask 120 walkers who have not continued with us to find out why. We received 65 replies, with 59% saying they intended to return! All replies went in a prize draw for a £25 M&S voucher, and the winner is Marion Murphy from Langley.

Burnham Simply Walkers raise £423 for Thames Hospice Care

On Sunday October 11th five members of the Burnham Simply Walk Group joined hundreds of women to take part in the Sunrise Walk to raise money for Thames Hospice care. We set off on the six and a half mile walk at 6am in darkness from the Saville Court Hotel, Windsor. As dawn

broke we were approaching the Great Park and the sight of the deer grazing under the trees on the Long Walk was one I am sure we will always remember. Thank you very much to everyone who sponsored us.

Shirley Shaw - Burnham



Caption Competition

Any ideas? Send in your photo for the caption competition.

Simply Walk: some facts and figures

Did you know? - Simply Walk began in 2002 to encourage people in Buckinghamshire to take regular exercise. During 2009 Simply Walk had nearly 1800 walkers who walked on average 9.5 times per year across the 49 different walks that operate in the county. 63 new walk leaders were recruited and trained making 290 walk-leaders in total. (Not all active). Simply Walk costs around £45,000 a year to coordinate and support. Funds come from a range of eight different partners including Bucks County Council, local district councils and the NHS. Based on last years figures it costs approximately £2.50/ person/ walk.

What you have said? - A recent survey indicates high levels of satisfaction and value (see table)

% of the walkers who agrees with the statement

SW is important to me	100
Improved my health	92
Feel more independent	67
Improved my social life	90
Clear & helpful information on SW	75

The Future - We are always looking for new ways to continue and develop the simply walk programmes. The volunteer walk leaders already give an amazing amount of time and energy to keep the walks going.

We would love to hear how you might be able to help and support Simply Walk to attract new walkers and volunteers and raise funds to keep it developing. Some suggestions have been: Coffee / cake sale mornings, Bring a Friend Day, Seeking sponsorship or donations from individuals or local businesses, Sponsored Walks, Simply Walk Calendar, Membership fee ...**What do you think?**

Contact Fiona Broadbent, Simply Walk Coordinator:
simplywalks@buckscc.gov.uk or phone 01494 475367

Chilly weather ahead -wrap up well and enjoy your walking!