

ANNUAL REVIEW 2019

SUMMARY

Get Ireland Walking continued to reach communities and partners in 2019 with walking programmes, resources and concepts shared throughout our networks. Many challenges exist as the initiative grows and expands but with much will and vision we strive to succeed in all areas of our work. New programmes and projects were developed, all in partnership with some real positive outcomes to build upon next year. With a new team now on board, the possibilities and vision is very much alive. Through innovative thinking and delivery methods the initiative aims to continue to grow and place itself as a leader in physical activity promotion.



PROGRAMMES

Active Community Walking Programme 2019 (Partner LSP)



73

Active Community Walking Groups



>900

Participants

Men's Shed Initiative Sheds ag Siul (Partner IMSA)

Provided training and support for four counties, Waterford, Kildare, Limerick and Louth in 2019. This walking programme provided the physical activity component of the Sheds for Life research. The programme and research continue in 2020.

Waterways for Health (Partners, Waterways Ireland, LSP's (Laois, Kildare))

Following the success of the Woodlands for Health Programme and the benefits of exercising in nature; a small pilot programme facilitated by Laois and Kildare LSP supported clients of Chuan Mhuire addiction Centre in Athy, Co. Kildare.

The partnership with Waterways Ireland and the LSP's once again showed the impact agencies can have working closely together.

The feedback from participants and staff was moving, so much so that the possibility now arises to integrate a walking programme for all clients as part of their recovery.

Schools Walking Project (Partner ASF, LSP)

>900

ASW Packs circulated to Primary and Special Schools.

>200,000

Packs now distributed to students. Plans in place with our partner to mobilise schools throughout the year via nudges and active weeks.

Woodlands for Health (Partners, MHI, LSP, Coillte, UL)

Following on from the success of the programme in Wicklow and DLR, GIW coordinates and supports the expansion and delivery in 2019 to Wexford x 2, Laois, Kerry, Sligo, Roscommon and Limerick and added Cavan as a new site. Multiple new sites have been identified and sought. National scale-up discussions are now planned for February 2020, through a wider WFH Forum.



RESEARCH

We are delighted to announce that a young energetic researcher, Dylan Power has successfully been selected through an Employment Based Programme between GIW and Waterford Institute of Technology.

The purpose of the research is to create a blueprint for walking promotion in Co. Cork that reflects all aspects of walking. The post is also supported by Cork Local Sports Partnership and their team of officers. To support the research, GIW now fund a Walking Development Officer who will provide insight into the delivery, facilitators and barriers around programming for walking in addition to generating stakeholder engagement and buy in. To date forums have taken place with walkers, communities, transport and mobility type. Next steps include developing a system map for Cork, early in Qtr 1, 2020. International experts including Dr. Adrian Bauman will consult and advise on the process in Qtr 1, 2020.



OTHER SUPPORTS

Get Ireland Walking provides FREE Walk Leader Insurance for groups and signposting to training opportunities for interested. Fact sheets and other resources including hats, 21-day Challenge Cards, Get Active Go Walking Leaflets plus phone and online support.

1,908

Registered Walking Groups/Clubs

566

Community Walking Groups

+

442

GAA Clubs

+

>800

Schools

+

>100

Men's Sheds

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EVENTS & COMMUNICATION

Get Ireland Walking attended events throughout the year providing information, advice and networking with those in attendance.

These included:



Active School Week



European Week of Sport



National Ploughing Championships

We distributed:

20,000

21 Day Challenge Cards

1,000

Tee Shirts, Pens, Branded bands (EWoS)

2,000

Branded Hats

Social Media:



6,083 Followers (Up 500)



3,494 Followers (Up 500)



160 followers (New)

OTHER SUCCESSES OF 2019



Wrote three seasonal articles for the Irish Mountain Log.



Attended and exhibited at various events including National Ploughing Championships.



Coordinated the 2nd National Community Walking Day during the European Week of Sport.



Supported a new campaign for walking promotion on Irelands Waterways. The Barrow Challenge was launched on the last day of EWoS.



Updated and configured the GIW website with current, relevant information and downloadable resources.



Attended the 2019 Walk21 International Conference in Rotterdam and presented research on Co. Cork in poster format.

PUBLICATIONS



Walk the Walk Training Resource



Walk the Walk Cue Cards



Walk Leader Toolkit



Sheds ag Súil Toolkit