GET IRELAND WALKING

FOOTSTEPS FOR **CHANGE**

Practical guidance for a systems approach **to promote and develop walking at a local level**

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CONTENTS

FOREWORD

I am delighted to introduce this toolkit which is practical solution to engage stakeholders vested in walking promotion at a county level. Walking is a powerful and accessible form of exercise that can bring numerous benefits to individuals and our society. In an era where sedentary lifestyles and the pressures of modern life are prevalent, walking provides a simple yet effective solution. It is an activity that transcends age, fitness levels, and abilities, making it accessible to everyone. By engaging in walking, we can enhance our physical fitness, boost mental well-being, and foster a stronger sense of community spirit.

This toolkit is a call to action, urging stakeholders, practitioners, professionals and decision-makers, to join hands in creating a culture of walking through a systematic approach, aligning local and national policies and adding value to all our work. By collaborating, we can transform our communities, townlands, cities and urban centres into vibrant, pedestrian-friendly environments, encouraging more people to walk more often for recreation, transport and health. Walking not only benefits our personal health but also has a positive impact on the environment. By choosing to walk instead of relying solely on motorised transportation, we reduce air pollution, alleviate traffic congestion, and create safer spaces for pedestrians. Furthermore, walking enables us to reconnect with the beauty of our surroundings, fostering a sense of appreciation for our local community and its natural treasures.

We invite you to embark on this journey with us. Let us inspire one another, share experiences, and celebrate the countless stories of transformation that will undoubtedly emerge. Together, we can build a stronger, healthier, and more connected community – one step at a time. Thank you for your commitment to promoting walking and for being an advocate of positive change in your county. I am excited to witness the transformative power of walking unfold as the projects evolve, and I look forward to the countless adventures that lie ahead.

JASON KING

National Programme Manager
Get Ireland Walking

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BACKGROUND

Get Ireland Walking was established in 2013 as an initiative of Sport Ireland and is supported by Healthy Ireland and Mountaineering Ireland. At that time, Get Ireland Walking's focus was on community based programming, specifically, delivering the Active Community Walking programme across the country. Today, there are over 500 registered groups delivering weekly walking programmes to communities around Ireland.

In the latter part of the implementation phase of Get Ireland Walking's first strategic plan, the Get Ireland Walking Strategy and Action Plan 2017–2020, Get Ireland Walking undertook a 4-year research project to assist with shifting the strategic compass of the initiative. While still engaging with local communities, Get Ireland Walking now aims to act as the catalyst organisation to unify the efforts of organisations in Ireland who play a role in the promotion and development of walking in Ireland.

This research project set out to achieve two objectives. Firstly, Get Ireland Walking wanted to understand the nexus of policies, programmes, organisations, and data which are embedded within local and national walking systems in Ireland. The second objective set out to investigate how useful systems approaches could be to enhance the work of local and national stakeholders who have a role to play in walking promotion and development in Ireland.

While still engaging with local communities, Get Ireland Walking now aims to act as the catalyst organisation to unify the efforts of organisations in Ireland who play a role in the promotion and development of walking in Ireland.

WHAT HAS BEEN DONE TO DATE?

The research project was divided into four sections, each of which provided insight into various aspects of the walking system in Ireland. The first section of the project investigated the presence of walking policies in Ireland and how they were connected to United Nations Sustainable Development Goals. This research study situated Irish walking policy in a broader context and has helped Get Ireland Walking identify how their work aligns with national and international policy.

The second section focused on organisations who work within Get Ireland Walking's network, how they are connected, and who the key stakeholders are. The third section of the project built a list of data sources and indicators that could be used to monitor and evaluate a systems approach to walking in Ireland. The final section learned from all those preceding it and applied a commonly used method in systems approaches to physical activity, systems mapping, to catalyse multidisciplinary action in one county in Ireland.

The project began in Cork in 2020 with an online workshop that was guided by evidence-based tools from the international physical activity literature. Workshops were held with stakeholders who had a role to play, directly or indirectly, in the walking system in Cork. Stakeholders were recruited from health, sport, physical activity, outdoor recreation, academia, urban design, tourism and more. The purposes of the workshops were to begin to form relationships between organisations who may not have worked together before but more importantly, to understand what was working well and where efforts were needed to support and effective system of walking in Cork. Over the course of approximately three years, Cork have co-developed an Action Plan guided and underpinned by evidence, and are implementing a systems approach to walking at local level.

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HOW TO KICK START A SYSTEMS APPROACH IN 4 PRACTICAL STEPS

A significant body of work has been carried out as part of the Get Cork Walking project from the beginning of the project in June 2020 until the present day, and we think it is time to share the learnings with other counties. Four years of research, practical experience, and best practice evidence have been condensed into this toolkit which will act as a tangible 'how-to' guide for stakeholders in all counties in Ireland to kick start a systems approach to walking in their respective counties. We have taken a pragmatic approach while compiling this document, by identifying and learning from our mistakes while reflecting on the challenges and successes of the Get Cork Walking project. We have also included the reflections and recommendations of stakeholders who were responsible for delivering and working on the project to ensure that our step-by-step guide is made by practitioners, for practitioners.

We have outlined a 4-step process for local level networks in Ireland to follow to help kick start a systems approach to walking in their county. From guidance on who should be around the table and how to recruit them; to planning and facilitating workshops; and most importantly, guidance on how to progress findings from the workshops into actionable outcomes. This toolkit provides practical guidance for local level networks interested in promoting walking from a systems perspective in their counties.

Practice Based Insights & Evidence Based Insights

Throughout the document you will also find **Practice Based Insights** and **Evidence Based Insights** which have been gathered over the four years in delivering the Get Cork Walking project.

These key learnings aim to substantiate our recommendations and have been gathered through evidence from multiple sources, and interviews with practitioners who have been embedded in the project.

STEP 1:
GETTING STAKEHOLDERS
AROUND THE TABLE

STEP 2:
SETTING UP + DELIVERING A WORKSHOP

STEP 3:
MOVING BEYOND THE WORKSHOP

STEP 4:
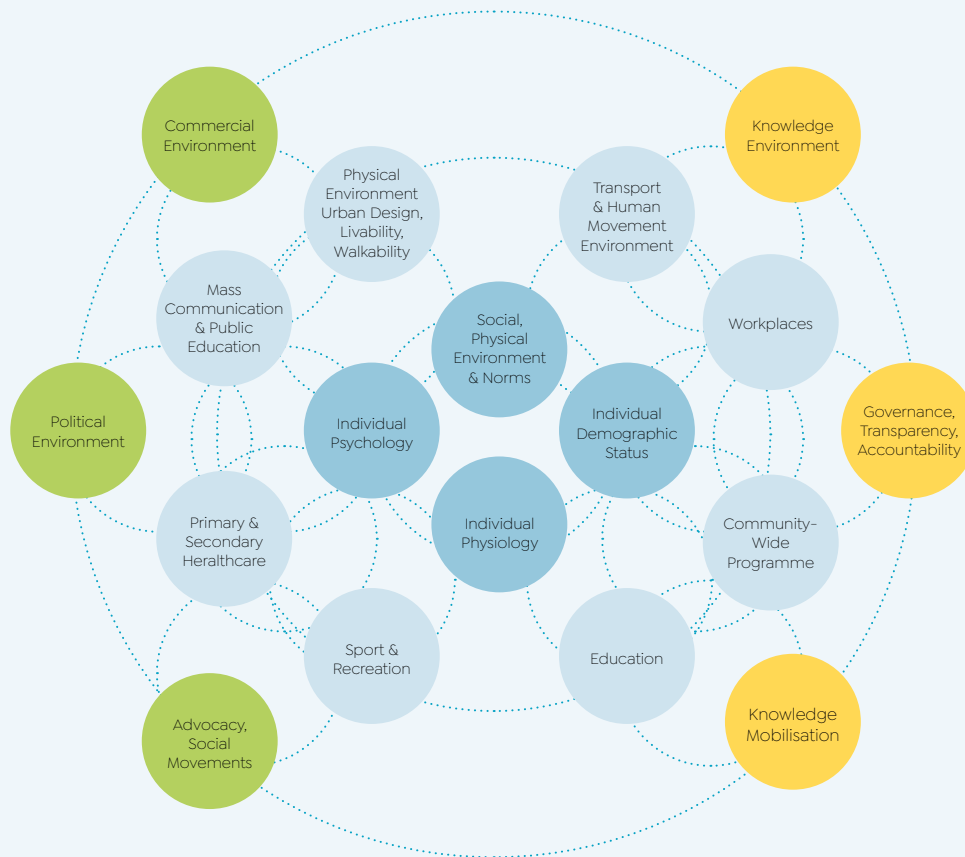**MONITORING**

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STEP 1:
GETTING STAKEHOLDERS AROUND THE TABLE

The Australian Systems Map for Physical Activity (ASAPa), published by a group of world-renowned physical activity researchers in Australia, was developed as a way to help convey the complexity of the physical activity system to practitioners and policymakers in Australia. In the graphic on page 9 you can see the Systems Map, made up of a collection of circles and lines, representing factors which influence physical activity levels. These factors vary from individual level demographic factors (such as age), to whether there are national policies supporting physical activity. The ASAPa also outlines Systems Intervention Points. Systems Intervention Points are areas in the physical activity system where interventions can be implemented to improve population physical activity behaviours. These are represented by the light blue circles in the diagram.

According to the ASAPa, there are 8 areas to intervene within the physical activity system:

01. Primary and secondary healthcare

02. Mass communication and public education

03. Physical Environment, Urban Design, Liveability, and Walkability

04. Transport and Human Movement Environment

05. Workplaces

06. Community-wide programmes

07. Education

08. Sport and Recreation

The Australian Systems Map for Physical Activity (ASAPa)

Commercial Environment

Physical Environment Urban Design, Livability, Walkability

Transport & Human Movement Environment

Knowledge Environment

Mass Communication & Public Education

Workplaces

Social, Physical Environment & Norms

Political Environment

Individual Psychology

Individual Demographic Status

Governance, Transparency, Accountability

Primary & Secondary Healthcare

Individual Physiology

Community-Wide Programme

Sport & Recreation

Education

Advocacy, Social Movements

Knowledge Mobilisation

Legend

- ● Systems intervention points
- ● PA Core Influences
- ● Governance and Knowledge Mobilization
- ● Politics, Commercial Lobbying, Social Advocacy

Bellew W, Smith BJ, Nau T, Lee K, Reece L, Bauman A. Whole of Systems Approaches to Physical Activity Policy and Practice in Australia: The ASAPa Project Overview and Initial Systems Map. J Phys Act Health. 2020 Jan 1;17(1):68-73. doi: 10.1123/jpah.2019-0121. PMID: 31756721.

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STEP 1: (CONT'D)
GETTING STAKEHOLDERS AROUND THE TABLE

It is these 8 Systems Intervention Points that will guide the recruitment of the right participants to your systems approach workshops. To operationalise the ASAPa into a framework for recruitment, 1 to 2 people – preferably who work in the walking system in your county who know the local context – should work through each of these 8 System Intervention Points and identify organisations who have a role(s) in this area in your county.

Think broadly here, and try to think about organisations who have a direct (i.e., it could say something about walking promotion directly in their job description) and indirect (i.e., their work may have indirect impacts on walking, such as a planner or urban design professionals). One of the underlying aims of this work is to build organisational partnerships beyond disciplinary silos, and it starts from taking a whole of systems perspective on walking. Opposite is an example of the types of organisations which could be recruited from each systems intervention point. Ideally, a workshop should have between 15-25 key stakeholders from a mix of levels, from local community groups to decision makers.

PRACTICE BASED INSIGHT:

Spending time in the beginning recruiting decision makers can make a big difference to the trajectory of the work. Leveraging existing organisational relationships to build rapport with local politicians and policy makers from the beginning of the project can help build momentum from the outset.

ROLES	ASAPA SYSTEM INTERVENTION POINT
Health Promotion Officers; Health and Wellbeing Officers; Public Health Professionals	Primary and secondary healthcare
Pedestrian/Cycling Advocacy Groups	Mass communication and public education
Engineers; Urban Designers	Physical Environment, Urban Design, Liveability, and Walkability
Transport Planners; Local politicians	Transport and Human Movement Environment
Chamber of Commerce; Large local employers	Workplaces
Local Tourism Organisations; Get Ireland Walking; LSP Staff	Community-wide programmes
Primary/Secondary School Teachers; Third Level Educators; Public Health/Physical Activity/ Transport Researchers; Local Universities/Colleges; Students	Education
LSP Staff; Disability Sport/PA Roles; Rural Recreation Officers; Local Walking Groups	Sport and Recreation

PRACTICE BASED INSIGHT:

If applicable, **try to include stakeholders with a national perspective** on your county's walking system.

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STEP 1: (CONT'D)

GETTING STAKEHOLDERS AROUND THE TABLE

Ideally previous connections to organisations who fit the above criteria should be leveraged to ensure participation in workshops. However, on the following page we have an example of an email which could be sent to stakeholders in the early stages of the recruitment process.

In the Appendix, there are blogs which have been written about the Get Cork Walking project and a suite of existing branding guidelines and logo packages that can help in building the profile of the project from the very first contact with stakeholders.

PRACTICE BASED INSIGHT:

It is best if this email comes from a senior member from an organisation which is familiar to the organisations you are trying to recruit.

EVIDENCE BASED INSIGHT:

If time allows, offer participants who have accepted your invitation to take part in the workshops the opportunity to identify additional stakeholders who should be involved which you may have omitted.
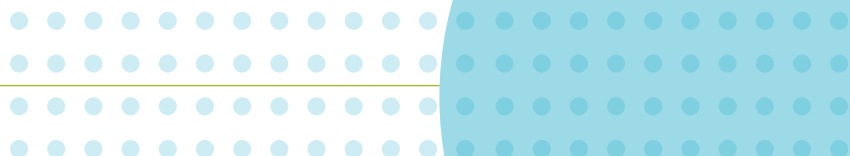
SAMPLE EMAIL

New Message

Joe@Bloggs.ie

Get [COUNTY] Walking systems approach workshop invitation

Dear [INSERT NAME],

I am pleased to inform you that you have been invited to attend a participatory workshop to kick start cross-sectoral collaboration as part of a whole of systems approach to walking in [INSERT COUNTY]. The workshop will take place at [INSERT TIME/DATE] and is being hosted by [ORGANISATION].

What is a systems approach?

Systems approaches are being advocated for in the physical activity space as a way to combat disciplinary siloes and increase collective impact across sectors. Systems approaches take a broad view at the problem at hand, in our case walking promotion, and creates a common vision across sectors and disciplines. The first step in any systems approach is to engage stakeholders from a wide variety of sectors and disciplines to get a sense of where things are going well, and where effort needs to be focused. Get Ireland Walking in conjunction with the Cork Local Sports Partnership have worked towards Ireland's first iteration of a local systems approach to walking, and the project is now being scaled in other counties.

What does participation involve?

Participation initially involves attending the above outlined workshop on [DATE] and sharing your expertise and opinions on the walking system in [COUNTY]. Following the workshop, a series of actionable outcomes will be developed by the project team to guide the future work of the Get [COUNTY] Walking project.

We hope you are available to attend as you're expertise, knowledge, and insight into the walking system in [COUNTY] will add value to the project. If you are unable to attend, we would be grateful if you could nominate another representative from your organisation.

[SIGN OFF]

Send ▼

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STEP 2:
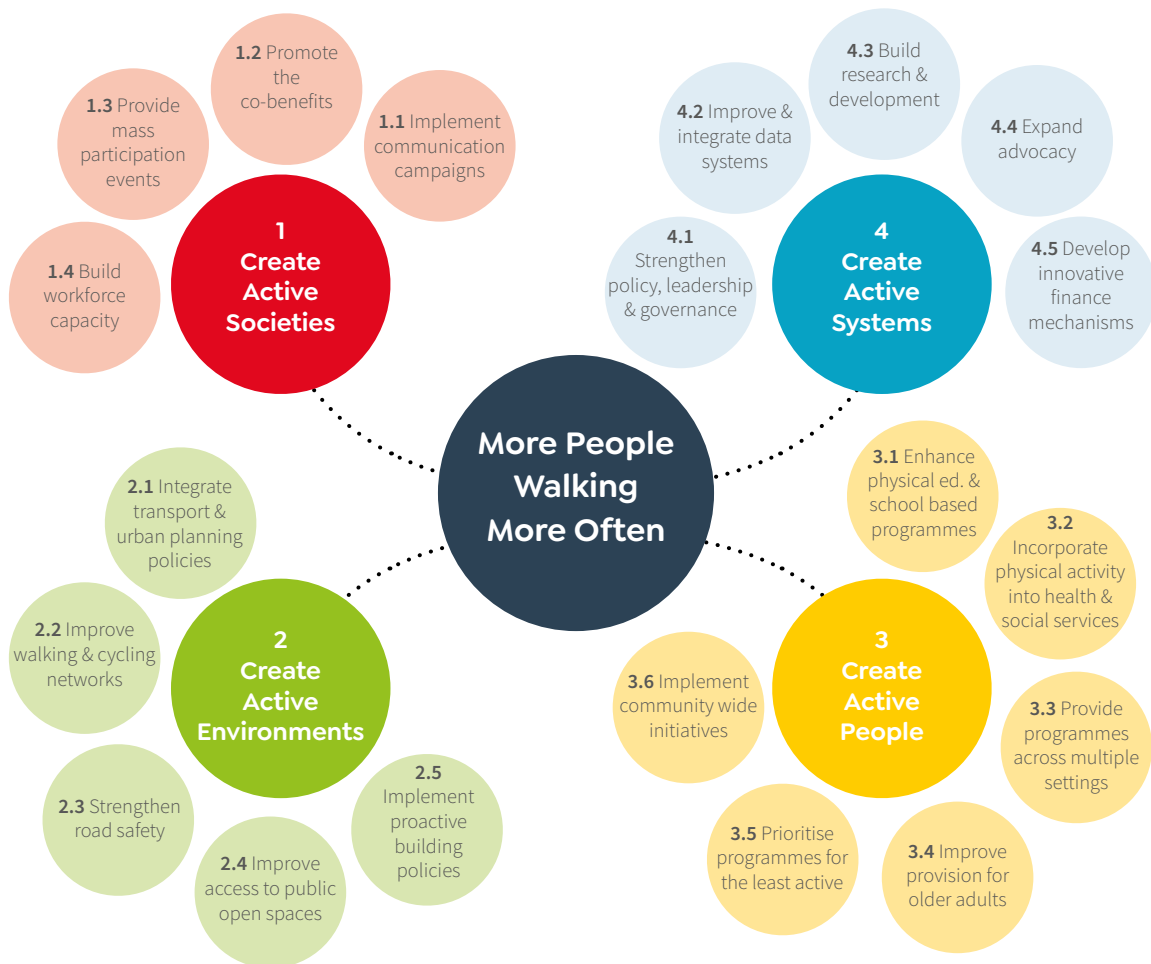## SETTING UP AND DELIVERING A WORKSHOP

Once you have rounded up a strong network of stakeholders who work on the walking system in your county, it is time to bring them together to understand the system of walking in your county from each of their perspectives. One of the first stages in any systems approach is to develop a shared understanding of the system at hand. The workshop will help work towards that. The workshop will act as an opportunity to strengthen ties between existing stakeholders in the system, but also as a chance to form new connections between stakeholders. However, the main purpose of the workshop is to introduce stakeholders to the concept of a walking system in your county, where they fit into it, and to answer two questions:

- **Where are things going well in the system?**
- **Where should we focus our efforts going forward?**

Workshops can be delivered online or in-person. **However, we strongly suggest (if capacity allows) to host in-person workshops. Part of the benefit of conducting workshops as part of a systems approach in-person are the informal connections which can be made by stakeholders which can often be hard to replicate in online meetings.**

Similar to the recruitment process, the workshops are guided by the use of an existing framework. For the workshops, we recommend using the World Health Organisation's Global Action Plan on Physical Activity as a framework to structure conversations on the day of the workshop, and as a guide for structuring work leading from the workshop. The Global Action Plan on Physical Activity (GAPPA) is an international call to action for national and sub-national physical activity systems to adopt a systems approach to physical activity. Within this global call to action, a list of 20 policy actions across four strategic objectives are outlined by the World Health Organisation to assist national and sub-national governments in approaching physical activity promotion from a systems perspective. We have adopted this structure of the GAPPA at Get Ireland Walking to ensure we are aligning local level objectives to global level targets.

GAPPA FRAMEWORK

More People Walking More Often

1 Create Active Societies
- **1.1** Implement communication campaigns
- **1.2** Promote the co-benefits
- **1.3** Provide mass participation events
- **1.4** Build workforce capacity

2 Create Active Environments
- **2.1** Integrate transport & urban planning policies
- **2.2** Improve walking & cycling networks
- **2.3** Strengthen road safety
- **2.4** Improve access to public open spaces
- **2.5** Implement proactive building policies

3 Create Active People
- **3.1** Enhance physical ed. & school based programmes
- **3.2** Incorporate physical activity into health & social services
- **3.3** Provide programmes across multiple settings
- **3.4** Improve provision for older adults
- **3.5** Prioritise programmes for the least active
- **3.6** Implement community wide initiatives

4 Create Active Systems
- **4.1** Strengthen policy, leadership & governance
- **4.2** Improve & integrate data systems
- **4.3** Build research & development
- **4.4** Expand advocacy
- **4.5** Develop innovative finance mechanisms

EVIDENCE BASED INSIGHT:

The GAPPA was a relatable and practical framework to organise the work of the Get Cork Walking project and the resulting Get Cork Walking Action Plan 2023–2024.

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STEP 2: (CONT'D)
SETTING UP AND DELIVERING A WORKSHOP

Ideally, a workshop should be covered over a morning or afternoon, no more than 3 hours. Most of the time should be spent conversing, sharing thoughts and ideas, and getting stakeholders opinions. With that in mind, here is an example itinerary for a three-hour workshop.

SAMPLE ITINERARY:

09:00	- Introductions and Welcome
09:30	- Aims and objectives of the workshop
09:45	- Overview of the GAPPA framework
09:55	- Where are things going well?
10:35	- Brief break
10:45	- Where do we need to focus our efforts?
11:45	- Wider group feedback
11:55	- Summary and next steps

EVIDENCE BASED INSIGHT:

At the brief break, at least one facilitator should collate the findings from the morning's session to briefly present findings to the group on which 'quadrant' of the GAPPA framework needs attention. For example, in the morning session in Cork we identified that 60% of good practice example were identified in the Create Active People quadrant, but none in the Create Active Environments. Identifying the discrepancies in the areas of the system where things were going well vs. needs improvement provided a valuable platform for discussion.

Ideally, a workshop should be covered over a morning or afternoon, no more than 3 hours.

The initial stages of the workshop should provide stakeholders with a background on systems approaches and the GAPPA. We have included a background slideshow which can be used to outline these topics and to be used as a backdrop on the day of the workshop in the Appendix of this toolkit. One chair or facilitator should be appointed for the workshop and guide the group through the processes and be responsible for timekeeping.

The group of stakeholders who will attend the workshop should be separated into smaller groups for discussion. Ideally, tables (or breakout rooms if the workshop is online) should have around 6-8 people. By this point, you will have an idea of the System Intervention Points which the participants of the workshop have been recruited from. If possible, try to have a broad range of stakeholders from different backgrounds represented at each table. It is important to have a facilitator at each table taking notes and facilitating the conversation between stakeholders. Facilitators should be, if capacity allows, from the project team. However, a nominated individual may have to be appointed if there is a lack of capacity in the project team. There is an example of a guidance sheet for facilitators to use when facilitating discussions during the workshops in the Appendix. The guidance sheet provides prompts, potential questions, and advice for notetaking.

EVIDENCE BASED INSIGHT:

Facilitators should place emphasis on consistently framing the conversation between stakeholders according to the strategic objectives and actions of the GAPPA.

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STEP 3:
MOVING BEYOND THE WORKSHOP

The most important part of the process is taking what has been learned from the workshops and moving it to actionable outcomes. This can oftentimes be the most difficult part. Our recommendation is to regroup with the facilitators/project team as soon as possible to develop a proposed list of actions by taking into account the conversations and notes taken during the workshop.

PRACTICE BASED INSIGHT:

There is no correct number of proposed actions, and it is important to not compare with other counties who may have carried out similar work.

There is a certain level of nuance and project team input required to turn workshop outcomes into a list of proposed actions. For example, facilitators may be required to apply some of their own interpretation to workshop notes in order for them to be transformed into a proposed action. Below are some examples from our Cork case study.

The most important part of the process is taking what has been learned from the workshops and moving it to actionable outcomes.

WORKSHOP NOTES	EXAMPLE PROPOSED ACTION
"There is a low level of communication across sectors"	Formation of formal stakeholder network/ steering committee 1 annual in-person gathering, 2 online meetings
"Local communities want to develop trails in their local area, but we are not sure of the steps involved"	Identify relevant stakeholder in local authorities responsible for trail development Obtain step-by-step process involved in identifying and scoping new trails
"We need to focus more on getting the least active and hard to reach groups involved in walking"	Pilot 1 new programme in local addiction services
"We're all doing the same thing but lack a consistent message"	Develop digital and physical branding resources for stakeholders

PRACTICE BASED INSIGHT:

Although there may be one organisation facilitating and taking the lead, systems approaches are not 'us' and 'you' projects, they are collective endeavours. **Conveying this message to stakeholders early on is important.**

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STEP 3: (CONT'D)
MOVING BEYOND THE WORKSHOP

Once a list of proposed actions is developed by the project team, it is crucial a digital copy of the proposed actions are sent to workshop participants for feedback and input. This is where stakeholders have the opportunity to provide their critical feedback. It is an important step in the process, as ultimately these actions will influence the direction the project will take, at least initially. This stage of the project is about building momentum. During this email interaction with stakeholders, it is also recommended to ask stakeholders to give an insight into the number of walking related events/programmes they were involved in throughout the previous year. This will help us in celebrating the wins of the project early on, and help us in Step 4. Take a look at an example email below which could be sent to stakeholders which can help build towards the next steps in the systems approach following the workshops.

EVIDENCE BASED INSIGHT:

In an ideal world, a second workshop could be organised to work through and agree upon proposed actions. When capacity to host a second workshop is low, a round of online feedback can suffice.

PRACTICE BASED INSIGHT:

The first 12 months of the project may involve a lot of relationship building with new stakeholders and strengthening existing connections. Be patient, as there may be times when people may not see their role in the walking system. Work through this with open communication and sharing of resources.

SAMPLE EMAIL

New Message

Joe@Bloggs.ie

Get [COUNTY] Walking workshop follow up

Dear Get [COUNTY] Walking stakeholder,

Firstly, thank you very much for your time attending our workshop last week. Your time and expertise is invaluable to the progression of the Get [COUNTY] Walking project. As promised, we have collated a list of proposed actions to guide the work of the group. We have attached the list of these actions and would appreciate your feedback thoughts on them by [DATE].

Furthermore, it would be great if we could hear what your organisation has achieved in the walking system this year in order for us to build momentum next year.

Some examples could be:

-the number of programmes implemented;
-the number of submissions to local authorities;
-the number of walking festivals delivered;
-any other examples of walking related activities your organisation engaged in.

It would be much appreciated to hear your feedback on the proposed actions and the activities of your organisation in the walking system by [DATE]. Following this, we will progress in the development of a systems approach Action Plan for the upcoming 12 months.

Again, we thank you for your continued support on the Get [COUNTY] Walking project and look forward to working with you in the future.

All the best,
The Get [COUNTY] Walking project team

Send ▼

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STEP 3: (CONT'D)
MOVING BEYOND THE WORKSHOP

Developing an Action Plan

Following stakeholder feedback on the applicability of the actions a draft Action Plan should be developed. The below template can be used below when developing a draft Action Plan. It is important to be as specific and as measurable as possible in the phrasing of the action. If possible, identifying the area of the GAPPA which is relevant to your specified actions can help understand what areas of the system you are targeting. Take a look at an example of a draft Action Plan developed for the Get Cork Walking project below.

#	ACTION (BOLD TEXT ARE EASY WINS)	LEAD AGENCY; PARTNERS	START / END	GAPPA AREA
1	Develop a Get Cork Walking branding guidelines document including logos, relevant images, and colour pallets and circulate to all partners.	TrishFoxDesign/ GIW; All partners	Nov– Dec	Active Societies (1.1; 1.2)
2	Increase the number of schools engaging in walking activities by 10 (across a key number of areas, a) transport b) health c) and physical activity) during Active Schools Week.	GIW; Green schools; Active Schools Flag; LA's; CSP; TMF; IPN.	Sept– June	Active People (3.1)
3	Improve the communication structures for Get Cork Walking stakeholders to communicate across sectors.	GIW/CSP; All partners	Sept– May	Active Systems (4.1)

The final stage in the development of the Action Plan is to gain buy-in and commitment from stakeholders

The final stage in the development of the Action Plan is to gain buy-in and commitment from stakeholders in working towards achieving the outcomes set out in the draft Action Plan. It is recommended that in-person meetings are held to do this, however online meetings can suffice. These meetings should focus on ironing out any issues with wording of actions with stakeholders, identifying outputs (deliverables) for each action, who is repsonsible for delivering 'what' by 'when', and defining what success looks like.

#	ACTION	OUTPUTS	WHAT SUCCESS LOOKS LIKE?
1	Develop a Get Cork Walking branding guidelines document including logos, relevant images, and colour pallets and circulate to all partners.	Zip file containing logos and other relevant branding material for stakeholders to use in promotional campaigns.	Stakeholders across all sectors increasing public awareness of the Get Cork Walking project and brand.
2	Provide opportunities for students in primary schools through to university students to engage in in walking to and during school/ university.	Implementation of 5 walking school buses in 2023	Development of opportunities for children and young people to engage in walking in school and university.
3	Improve the communication structures for Get Cork Walking stakeholders to communicate across sectors.	2 annual online meetings 1 in person stakeholder gathering Annual report for the Get Cork Walking project	Increased networking opportunities for stakeholders and a celebration of the work of the wider system in Cork.

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STEP 3: (CONT'D)
MOVING BEYOND THE WORKSHOP

PRACTICE BASED INSIGHT:

It's important to build momentum on progressing actions from the outset. When developing an Action Plan, pick the 'low-hanging fruit' and 'easy wins' at the beginning (while working within the capacity of the group). For the Get Cork Walking project, these were actions relevant to Create Active Systems, such as developing communication channels for stakeholders and hosting stakeholder events.

As mentioned above, there is no right or wrong number of actions or outputs which should be included in your counties plan for a systems approach to walking. It will depend on a number of things, including the overall capacity of the group and the types/number of stakeholders who have engaged up until that point. Take a look at the Get Cork Walking Action Plan in the Appendix section for some ideas on what your counties systems approach Action Plan could look like.

STEP 4:
MONITORING

It is important to note that when monitoring the impact of a systems approach to walking changes across the entire system must be taken into account, not just walking behaviour change. However, the people involved in your systems approach are busy, and may not have the capacity to evaluate the implementation of an Action Plan across a range of indicators. Therefore, we recommend being pragmatic about what can/cannot be tracked over time. There are a range of indicators and data which already exist, data which is currently being collected, or data which could be collected with little effort that could help track the progress of your systems approach. For example, in your previous communication with stakeholders you may have gathered some information in relation to their activities in the walking system, such as programmes implemented, events held, or number of participants taking part in walking activities. Some of these indicators were adopted to monitor the implementation of the Get Cork Walking Action Plan – take a look at the infographic on the following page which may spark some ideas for potential indicators to monitor progress of a systems approach to walking in your county. Also, take a look at the list of indicators/data sources which are being collected in Ireland in the Appendix.

PRACTICE BASED INSIGHT:

Celebrate the successes – big or small – of the project as a collective and the individual successes of the members of the stakeholder group team. Sharing on social media using our social media resources, developing a newsletter, or a simple email can help build rapport between stakeholders involved in the systems approach and public awareness of the project.

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STEP 4: (CONT'D)
MONITORING

GET CORK WALKING

Below is a **list of some of the contributions from stakeholders** across the walking system in Cork, during 2022

13
Community based prgms.

37
Mass participation events

03
Women's prgms.

03
Mental health prgms.

09
Training events

03
Walking soccer prgms.

04
Cork Walking Forum Meetings

03
Action Plan meetings

01
Systems approach workshop

01
Int'l conference satellite event

01
Local area walking route booklet

02
Int'l conference presentations

02
Transport & mobility Forum Seminars

01
Academic Journal Article

53
Submissions for pedestrian enhancement

74
Schools delivering walking initiatives, prgms. & events

Celebrate the successes – big or small – of the project as a collective.

EVIDENCE BASED INSIGHT:

Monitoring the number, and outcomes, of meetings held over time can give insight into communication between stakeholders. Furthermore, taking note of the sectors within which meeting attendees work can help highlight collaboration across sectors, or the presence of disciplinary siloes.

APPENDICES

Click on the titles to download the resource documents

Useful resources

- World Health Organisation's **Global Action Plan on Physical Activity 2018–2030**

- **Australian Systems Map for Physical Activity**

- **Academic paper:** National walking policy in Ireland

- **Academic paper:** Systems mapping in Cork

- **Academic paper:** Walking trail data in Ireland

- **Walking data in Ireland** – list of potential indicators

- **Kumu.io** – free online systems mapping software

- **Systems approach workshop** – facilitator guidance sheet

- **Blog:** Get Ireland Walking research project

- **Blog:** Get Ireland Walking partner network study

- **Get Cork Walking Action Plan 2023–2024**

- Example PowerPoint slideshow for systems approach workshops

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