



Footprint

The newsletter for
Get Wiltshire Walking groups

Issue 7



Wiltshire Council

Get Wiltshire Walking covered a great deal of ground in 2019, recruiting over 450 new walkers, many of whom attend multiple walks giving us significant growth to our weekly walker figures.

In order to maintain this extensive and varied schedule we trained an additional 29 volunteers last year some of whom lead in more than one location.

We envisage 2020 being another year of growth for the project, continuing to encourage those less able to join us through our hugely successful starter walks, and additionally spreading our net to capture those who perhaps have hidden health issues such as depression and anxiety.

Many of us will have experienced some form of mental health issue either personally, through a family member or close friend and can appreciate how significant social interaction, fresh air and being outdoors is in reducing the symptoms.

Walking is a natural and effective anti-anxiety treatment, relieving tension and stress and boosting physical and mental energy.

Regular walking is an investment in your mind and body.

Improving Access to Psychological Therapies (IAPT)

Mental health problems are very common with 1 in 4 people experiencing them each year. This includes depression and a range of anxiety presentations such as generalised anxiety, obsessive compulsive disorder (OCD), phobias, panic and post-traumatic stress disorder (PTSD). These problems can manifest in many ways, for example, people may present as very stressed and overwhelmed, they may avoid activities, withdraw socially and worry about the future.

IAPT is a primary care mental health service which aims to support people manage these problems predominantly through using cognitive behavioural therapies (CBT). This can include attending psycho-educational groups, courses and workshops as well as individual therapy.

We believe that improving our psychological well-being is a key priority and there are helpful strategies that we can all do. Most of us are aware that we should be aiming to eat five fruit and vegetables per day; however, we should also be aiming for the MAGIC 5 a day:

- M MINDFUL:** just being, note the beauty of everyday things, savour the moment in the present
- A ACTIVE:** do something active, hobby, something you enjoy, walking, moving
- G GIVING:** think of others, helping friends, get involved in the community, helping yourself
- I INTERESTED:** learn something new, take on a challenge, engage in hobbies/interests
- C CONNECTED:** developing relationships with colleagues, neighbours, family and friends

Making goals to ensure that we incorporate MAGIC into our daily routines can have a positive impact on our mental wellbeing.

Salisbury Xmas walk and lunch

Over 130 walkers attended this year's Christmas challenge walk which was held at Salisbury Rugby Club on Friday 6 December 2019. The walkers were treated to a fantastic morning walk, taking in many historical sites of Salisbury.

The Strider walk covered an impressive six miles. The walkers made their way towards the beautiful Salisbury Cathedral and through St Martin's Church, which is the oldest parish in Salisbury and dates back to Saxon times.

Whilst the Stroller walk took a different route around the City, this didn't disappoint. The walkers went through Bourne Hill Gardens which has a pleasing fifteenth century North Transept Porch to walk through and admire.

Both the Strider and Stroller walks final stretch took in the delightful hill top of Bishopdown. The views of Salisbury from the top were stunning and the walkers were glad of the opportunity for a short breather whilst enjoying the sight of the City.

The Starter walkers completed a one and a half mile walk around Victoria Park. This charming park had lots to offer with historical monuments and as it is the oldest park in Salisbury is very traditional in style.

Following the walk everybody enjoyed a delicious Christmas dinner to celebrate finishing the festive Christmas challenge walk!



In the steps of UFO hunters

Weekly walks lead to film debut

When Red Bucket, a film company in Bath, wanted to make a film about the history of UFOs in Warminster they asked if interest in UFOs was still alive and well in the town. Their first approach to find this link was to our very own community walk's co-ordinator, Louise Gale. Knowing that, as well as leading weekly GWW walks, I also organise guided walks to places of interest around the town, Louise passed on my name. Clair Titley from Red Bucket was delighted to hear that one of these is to Cradle Hill where UFO watchers gathered in the 60s and 70s.

With no guarantee of any sightings, I agreed to take the Red Bucket crew to the hill and invited fellow Tuesday walkers to join me on a sunny morning in November.

Our walk started at Warminster's Minster Church and climbed Arn Hill to follow a path behind the golf course to Cradle Hill. The photo shows the group on the hill before we had looked at the walls of a concrete barn where the remains of UFO graffiti can still be seen.

Warminster became famous for UFOs when in the '60s, as well as strange lights in the sky, noises were heard and peculiar events, like birds dropping out of the sky, were reported. The sightings lasted for about 15 years and, at the time, Warminster was visited by interested enthusiasts from all over the country. No official explanation for the unusual sightings was ever reached and although we were constantly keeping a watch overhead, no aliens interrupted our morning outing!

Victoria Coombes - Walk Leader Warminster

"No news yet of when or how the footage will hit the screen but we will keep you posted."

www.redbucketpictures.com

Health Trainers – the who, what, where, why and what else...

Who: We are a team of dedicated professionally qualified Health Trainers who support members of our local community to make positive lifestyle changes.

What: The programme focuses on reducing health

inequalities by providing free one to one support to anyone aged 18 and over wishing to improve their health. Over six sessions we provide clients with regular and tailored guidance, support and encouragement to help them change negative lifestyle behaviours and achieve their personal health improvement goals.

We provide support with:

- Healthy eating and weight management
- Increasing physical activity
- Reducing alcohol intake
- Stopping smoking
- Improving emotional wellbeing

Where: Health Trainers meet with people in a range of community settings such as libraries, GP surgeries, leisure centres and council premises and we cover all 20 community areas across the county, so are very accessible.

Why: You may have tried to make changes in the past but after time your motivation may have waned, you may feel confused by the plethora of 'healthy lifestyle' information available and would like clear and concise advice and guidance, or you may just feel the need for someone to help keep you 'on track' with your good intentions – if so, we can help.

What else: Health Trainers support many local



community wellbeing events, health fairs and make visits to local businesses providing information and blood pressure checks to the workforce. We also regular provide blood pressure drop-in clinics in libraries, so do call in to your local library to find out when your Health Trainer is available and have a chat. We look forward to meeting you in 2020.

You can also contact a Health Trainer by emailing: health.trainers@wilthire.gov.uk or by phoning 0300 003 4566.



Derek turns 80

Westbury Walk Leader Derek celebrated his 80th Birthday on 14 December 2019. Derek is a keen walker and volunteer Walk Leader with the Westbury group. He started his GWW journey many years ago and Derek enjoys heading out with the Striders each week and remains one of our fastest walkers! Happy Birthday!

Dorset and Wiltshire AAA Screening Programme for men

Abdominal aortic aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy. This bulge or swelling is called an abdominal aortic aneurysm, or AAA.

It can be serious if it's not spotted early on because it could get bigger and eventually burst (rupture). There are NO symptoms which is why screening is so important.

The Dorset and Wiltshire National Abdominal Aortic Aneurysm (AAA) Screening Programme started in 2013 and invites all men registered with a GP for a FREE screening in the year they turn 65. Men over 65 who have not previously been screened or treated for an AAA can arrange to book a free screening via the details below.

There are 42 programmes throughout the country and the Dorset and Wiltshire AAA Screening Programme is the second highest performing programme for 2018/19 for uptake at 86%. 1.5% of men are found to have an AAA.

Clinics are held in Malmesbury, Chippenham Community Hospital, Calne Healthcare Centre and a variety of other venues in Wiltshire.

The team is very dedicated and their recent patient survey was 100% positive on staff.

To book an appointment please phone **01722 429174** or email **salisbury.aaa@nhs.net**

Twitter @WiltsDorsetaaa

Check out their video -
<https://youtu.be/vdHyWD539GQ>

Dates for your diary

27 March 2020

Network event for volunteer Walk Leaders

For more information about **Get Wiltshire Walking**, contact our walk coordinators:

Natalie Parker - Tel **07917 599964**
Email natalie.parker@wiltshire.gov.uk

Louise Gale - Tel **07342 066608**
Email louise.gale@wiltshire.gov.uk

www.walkingforhealth.org.uk/walkfinder/get-wiltshire-walking

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