

## Ageing Successfully In Oxfordshire

Please tick one box below to indicate the District/City service you are providing information on. Please complete a separate form for each service.

Health Promotion	✓	Housing	<input type="checkbox"/>
Recreation Activities	<input type="checkbox"/>	DFGs	<input type="checkbox"/>
Volunteering	<input type="checkbox"/>	Information	<input type="checkbox"/>
Local Transport	<input type="checkbox"/>	Benefits Advice	<input type="checkbox"/>
Support for Older People's Groups			<input type="checkbox"/>

### What organisations are your partners in delivery and how?

**Health Walks in North Oxfordshire** (started in 2002)  
 Lead for the north, Cherwell District Council. Partners: Natural England, Oxfordshire County Council Social Services.  
 Walks are for sedentary people or those recovering from serious illness e.g heart disease. Although not specifically for older people the majority of walkers are aged 50+.

### What are you achieving? What are the outcomes?

Training is offered 4 times per year for volunteer walk leaders. There are currently 13 walks leaving every week from a range of villages and towns across the district. There are currently 500+ regular walkers and 74 trained walk leaders. Last November a new walk started designed especially for fragile, vulnerable users of Bicester Resource Centre in the Launton Road. In addition 4 visually impaired volunteer walk leaders were trained in May and a series of 6 walks is being promoted for the visually impaired during the summer  
 Outcomes: improved health and fitness, greater confidence, improvement in mental health.

### What plans do you have to develop the service?

Already working to capacity, but if successful the walks for the visually impaired will be included in the next edition of the Health Walks timetable.

### What joint initiatives or other improvements would you like to see?

New ways to encourage the community to volunteer to become walk leaders.

Council: Cherwell District Council .....

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