



LOCH LOMOND  
& THE TROSSACHS  
**COUNTRYSIDE**  
**TRUST**



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# Walking in the Park: Where and how

- Based in Loch Lomond & the Trossachs National Park, Scotland.
- Provides weekly walks for 250 people in six rural communities.
- Managed and supported by 2 Health Walk Co-ordinators and 65 trained volunteers.
- Beautiful and varied landscapes to explore!



# Partners and funders

- Loch Lomond & the Trossachs National Park Authority
- Scottish Forestry
- Paths for All
- Impact Funding Partners

...as yet no direct support from health and social care organisations.



# Our audience

For walkers and volunteers. Open to all, with a focus on individuals who:

- are at risk of loneliness and isolation
- have a long-term physical or mental health condition
- are usually 50+ years old
- are unemployed, on a low income, or who live in an area where there are high levels of deprivation.



# Our approach

## The Five Ways to Wellbeing:

- ***Connect:*** Social connection and strengthening relationships
- ***Be Active:*** The promotion of walking for health
- ***Keep Learning:*** Formal and informal
- ***Give:*** Volunteering opportunities
- ***Take Notice:*** In Step With Nature



# Referrals

- Many walkers self-refer
- Increasing referrals through building partnerships with health and social care practitioners



# Health and social care partnerships

- GPs and practice nurses
  - Relationship building
  - Referrals
- Physiotherapists
  - Referrals to Strength and Balance sessions
  - Park Power
  - Steering group



# Health and social care partnerships

- Care home staff and clients
  - Supported joint walks
  - Strength and Balance sessions
  - Strength and Balance posts in care home gardens





# Innovation during COVID-19 restrictions

- Zoom calls
- Kindness calls
- Live Zoom Walks
- Live Strength and Balance Sessions
- Development of Strength and Balance film
- Creative Projects
- Restart Programme: Buddy Walks and Pilots

- Launch of a New Programme: **In Step With Nature**



# Next steps

- Reaching new audiences: other communities within the Park; secondary school pupils (ages 11-18 years).
- Joining up and building a wider network of nature-based 'prescriptions' across the Park.
- Developing strategic partnerships with health and social care providers.

