

Annual Report and Financial Statement

of

Epsom & Ewell Health Walks

for the year ended 31st March 2019

A small Charity established April 2011 and

Registered with HMRC No XT 37422

Affiliated to *Walking for Health*

Note : WfH became Ramblers Walking for Health from April 2018

WfH Accreditation Award achieved September 2014

Management Committee

Chairman	Roger Kaye
Minutes / Health Walk Programme Coordinator	Susan Anderson
Treasurer	Denis Fenton
Data Analysis Officer	Keith Childs

Independent Examiner

Malcolm Howard

Walk Leaders

To become a Walk Leader it is required that the person should attend an official *Walking for Health* Walk Leader's Training Course.

This does not apply to those who volunteer to back or middle mark only.

During 2018-2019 there were 31 active trained leaders who helped on walks plus 2 new volunteer back markers.

Another trained leader was inactive this year.

Structure and Management

The Group has an elected Management Committee which normally meets three times a year, or as required.

There is a further Meeting of all Walk Leaders which is also normally held three times a year.

The method of election to the Management Committee is set out in the Constitution, and all Group members are encouraged to stand for election

Aims and Objectives

To offer regular, informal, and friendly Health Walks within the community

To promote the Group and encourage a healthy and physically active lifestyle, while exercising a duty of care to all walkers.

Chairman's Report 2019

Welcome to Boidier I hope you all enjoyed the walk this morning.
This is our third A.G.M. to be held here.

It has been a quiet year as was 2018.

You may recall at last years A.G.M. Denis gave a report on our relationship with *MacMillan* and *The Ramblers* both who were sponsors of the *Walking for Health* programme. *MacMillan* had ended its sponsorship leaving *The Ramblers* with the task of finding new funding. Last month we received the good news that thanks to *Sport England* and the *National Lottery Community Fund* sufficient funds would be received to support *Walking for Health* until September 2020. There will be administration changes which will not affect our walks programme and *The Ramblers* will be seeking ways to ensure the future of *Walking for Health* beyond that date.

As you may recall a couple of years ago we were facing a serious shortage of walk leaders and made an appeal for middle and back markers to ease the pressure on leaders. I would like to thank those middle and back markers who during this last year have progressed to become leaders. Hopefully more of you might like to have a go at leading.

We have been organising walks for *the Richmond Fellowship* who are a mental health charity operating out of the Moat Garden Centre. These walks take place on the third Tuesday of every month the purpose of the walks is to help those that have experienced difficulties in coping with life in general.

Thanks to all leaders middle and back markers to Malcolm Howard for once again Examining our Accounts and to Chris Jones for carrying out the Walks Risk Assessment role.

Also thanks to our group of ladies who give up their time to stuff envelopes so that we can maintain our profile in promoting "*Walking for Health*" These leaflets are distributed to libraries, surgeries and other health professionals so our thanks to Gill Page, Dianne Atfield, Elizabeth Muscutt, and Kwan Tan
A special thanks to the Committee Susan, Denis, and Keith for their efforts time and dedication in making this all work.

Roger Kaye Chairman

Treasurer's Annual Report

Our expenditure remains consistent and at a satisfactory level in keeping with the general activities of the group.

Leaflet Printing and Distribution and the AGM and other Meeting Expenses made up the large percentage of overall expenditure.

The introduction of Data Protection requirements has produced a greater demand for the destruction of paper personal information details and as his old shredder could not cope with the volume involved we provided Keith Childs with a new one.

This together with new leaflet distribution address labels made up most of the minor Admin Expenses. Ignoring the possibility of any changes to the *Walking for Health* organisation in the future our present balance would suggest that we should be seeking funding from some source in two to three years time.

Denis Fenton Treasurer

Walkers and Attendance

In the year ending 31 March 2019 we organized 158 walks (51 one hour walks on Wednesdays, 49 one hour walks on Sundays, 46 half hour walks on Mondays, 11 one hour walks on Tuesdays and 1 half hour walk on the Wednesday that the AGM was held). One of the Monday walks was subsequently cancelled due to heavy rain.

The Wednesday walks took place at 13 different locations:

Ashtead Common, Banstead Heath, Banstead Woods, Chipstead Road, Epsom Common, Epsom Downs, Headley Heath, Horton Country Park, Horton Golf Course, Nonsuch Park, Oxshott Heath, Poole Road and Princes Coverts.

Sunday walks took place at 14 different locations (the above 13 less Poole Road plus Bourne Hall and Ewell Court).

The half hour walks took place at 9 different locations:

Ashtead Common, Epsom Common, Epsom Downs, Horton Country Park, Horton Golf Course, Nonsuch Park, Nork Park, Poole Road and Priest Hill.

The Tuesday walks took place on one Tuesday a month from May onwards in Horton Country Park starting from the Old Moat Garden Centre. They were introduced at the request of the Richmond Fellowship which is based there and helps people with mental health problems but they were open to all.

The Stewponds Car Park used for Epsom Common walks was closed for part of the year and so some walks due to take place there were moved to Horton Country Park.

In general attendances were slightly higher for locations in the Borough than for those outside.

Around 300 people came on one or more of these walks (up from 270 in 2017-18 but a similar number to 2015-16 and 2016-17), averaging 12.5 attendances each (down from 13.6 in 2017-18 and 12.8 in 2016-17).

67% were female (the lowest percentage in the last eight years). 2% attended more than 50 walks, 23% attended more than 20 but not more than 50, 13% attended more than 10 but not more than 20, 7% attended more than 5 but not more than 10, 27% attended more than 1 but not more than 5 and 28% attended just 1 walk (more than in any of the previous 7 years).

65% came on 1 hour walks only, 17% came on half hour walks only and 18% came on some of each.

There were 82 new walkers in 2018-19 who completed a Walker Registration Form, up from 58 in 2017-18; for 28 of these their first walk was on a Tuesday from the Old Moat Garden Centre. 44 of them had been on at least one further walk by 31 March 2019. 54 lived in the Epsom and Ewell postcodes of KT17, KT18 and KT19, 5 lived in KT4 (Worcester Park) and 17 lived in the postcodes of other local authorities; the address of the remaining 6 is not known. New walkers mostly found out about our walks by word of mouth but the Internet and libraries were also important sources of recruitment.

The 157 walks that took place clocked up a total attendance of around 3,780, 100 (3%) more than in 2017-18. The increase pretty much equates to the number of Tuesday walk attendances (120).

The average attendance was 33 on Wednesdays, 17 on Sundays, and 26 on Mondays compared to 35, 16, and 26 respectively in the previous year; the average Tuesday attendance was 11. The highest walk attendance in 2018-19 was 51 at Horton Country Park on Wednesday 23 May, the highest Sunday attendance was 30 at Horton Country Park on 21 October, the highest Monday attendance was 44 at Horton Country Park on 5 November (a new Monday record) and the highest Tuesday attendance was 25 on 22 May. The lowest attendances recorded were 12 at Headley Heath on Wednesday 30 January (snow), 0 at Ashtead Common on Sunday 29 July (rain), 4 at Nonsuch Park on Monday 30 April (heavy rain) and 0 on Tuesdays 21 August and 20 November.

Keith Childs Data Analysis Officer