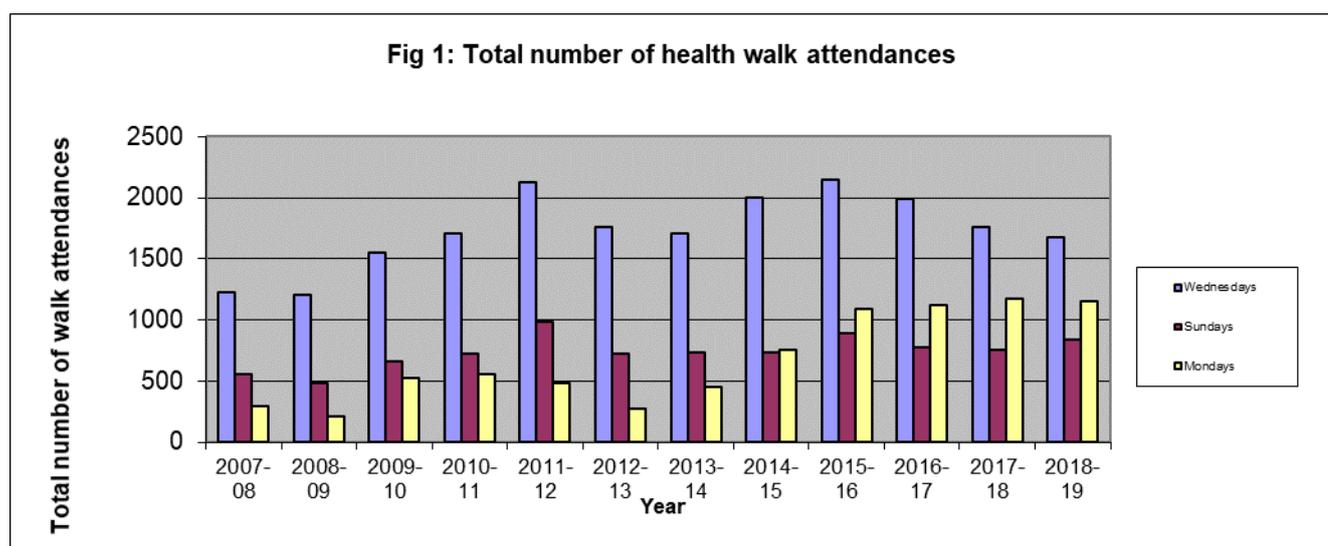


Summary

Total recorded health walk attendances in 2018-19 were 3,782, up 100 (3%) on 2017-18. Compared to 2017-18, Wednesday attendances fell by 89 (5%) to 1,673, Sunday attendances rose by 92 (12%) to 841 and Monday attendances fell by 20 (2%) to 1,149; Tuesday walks introduced in May 2018 had 119 attendances. 300 different people came on walks in 2018-19 (up from 270 in 2017-18 but a similar number to 2015-16 and 2016-17), averaging 12.5 walks each (down from 13.6 in 2017-18 and the lowest since 2014-15). Average numbers on walks in 2018-19 were 33 on Wednesdays, 17 on Sundays and 26 on Mondays compared to 35, 16 and 26 for 2017-18.

Findings

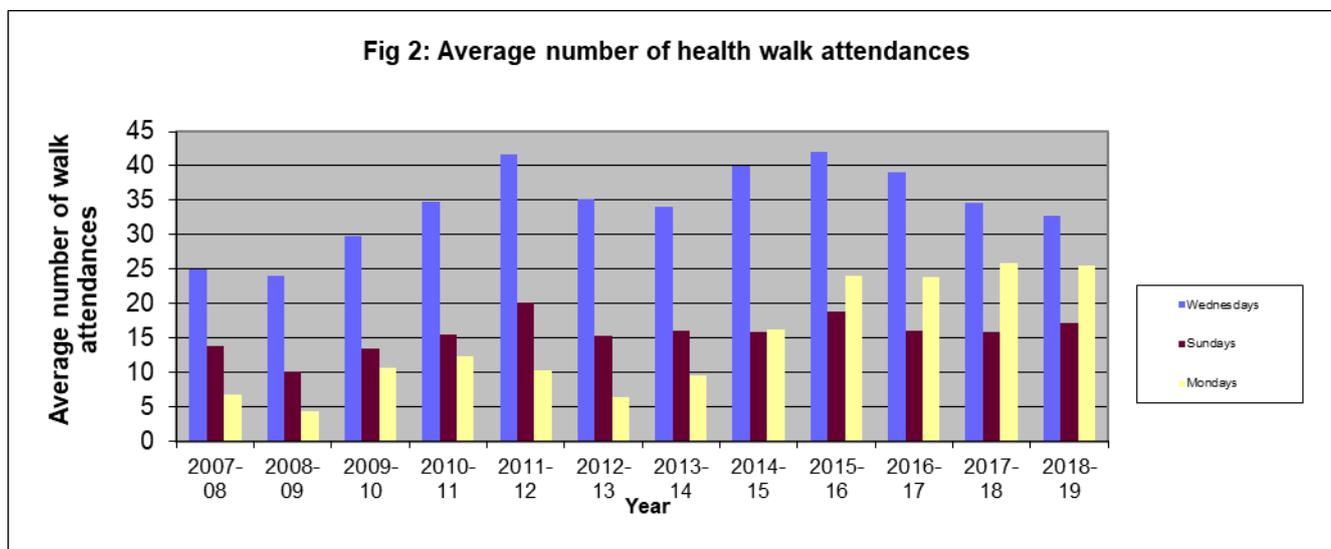
- Epsom and Ewell health walks in 2018-19 attracted 3,782 attendances, up by 97 (3%) on 2017-18. Wednesday walks had 1,673 attendances, down by 89 (5%). Sunday walks had 841, up by 92 (12%). Monday walks had 1,149, down by 20 (2%) and Tuesday walks introduced in May 2018 had 119. (Fig 1).



Sunday walks were fortnightly in Spring 2007 and weekly thereafter.

- 300 different people came on health walks in 2018-19, up from 270 in 2017-18 but a similar number to in 2015-16 and 2016-17. The average number of attendances per person was 12.5, down from 13.6 in 2017-18 and the lowest since 2014-15. The following percentages refer to 2018-19 (and are followed by corresponding 2017-18 percentages in brackets). 2% (3%) attended more than 50 walks, 23% (25%) attended more than 20 but not more than 50, 13% (16%) attended more than 10 but not more than 20, 7% (8%) attended more than 5 but not more than 10, 27% (23%) attended more than 1 but not more than 5 and 28% (25%) attended just 1 walk (the highest percentage in the last seven years). 65% (61%) of people came on 1 hour walks only, 17% (19%) on half hour walks only and 18% (20%) on some of each. 67% (68%) were female; 33% (32%) male (the highest percentage in the last seven years).
- Average attendance for Wednesday walks in 2018-19 was 33 (down from 35 in 2017-18) (Fig 2). Numbers on Wednesday walks were mostly between 20 and 49. However the Headley Heath walk on 30 January was affected by snow and had only 12, the Banstead Heath walk on 7 November had only 13, the Chipstead Road walk on 5 December had only 16, the Princes Coverts walk on 1 August had only 18 and the Chipstead Road walk on 12 September had only 19. The Poole Road walk on 25 April had 50 and the Horton Country Park walk on 23 May had 51.
- Average attendance for Sunday walks in 2018-19 was 17 (up from 16 in 2017-18) (Fig 2). Numbers on Sunday walks were typically between 10 and 29 but 8 walks had between 1 and 9 and the Ashted Common walk on 29 July was affected by rain and had none and the Epsom Downs walk on 27 June and the Horton Country Park walk on 21 October had 30.

- Average attendance for Monday walks in 2017-18 was 26 (the same as in 2017-18) (Fig 2). Numbers on Monday walks were typically between 10 and 39 but 2 walks were affected by rain and attracted fewer than 10 walkers (the Nonsuch Park walk on 30 April attracted 4 and the Epsom Downs walk on 9 April attracted only 7). The Nork Park walk on 12 November was cancelled due to heavy rain. The Horton Country Park walk on 5 November attracted 44 (a new Monday record).
- Average attendance for Tuesday walks in Horton Country Park starting from the Old Moat Garden Centre which took place once a month from May 2018 onwards was 11. Attendances were mostly between 1 and 19 but 2 walks (August and November) had none and the May walk had 25.



- 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 a Tuesday, for 26 it was a Sunday, for 16 a Wednesday and for 12 a Monday. 44 of these had been on at least one further walk by 31 March 2019.
- 76 of the 82 new walkers had a home address entered on the database and the postcode sectors in which these were located were:
 - 31 in KT19 (Epsom and Ewell (North West)) which includes West Ewell and part of Stoneleigh
 - 13 in KT17 (Epsom and Ewell (North East))
 - 10 in KT18 (Epsom and Ewell South, Epsom Downs)
 - 5 in KT4 (Worcester Park)
 - 4 each in KT5 (Surbiton/Tolworth) and SM7 (Banstead/Woodmansterne)
 - 2 each in KT20 (Tadworth) and SM5 (Carshalton)
 - 1 each in CR5 (Chipstead), KT9 (Chessington), KT21 (Ashted), KT22 (Oxshott) and SW11.
- Of the 31 new walkers submitting health survey responses by 31 March 2019, 11 said that they heard of EEHW by word of mouth, 3 found out about it from a Library, 5 from an Internet search, 2 from a local website, 2 from another community location, 1 each from the Walking for Health website, their workplace, a GP Surgery, and another Charity. 4 did not say how they found out about EEHW. 2 said that they had been recommended to the scheme by a Doctor or health professional.
- This report includes charts by locations restricted to 2018-19. However, it must be borne in mind that restricting the charts to this period means that there are only between 2 and 8 (mostly 4) observations for each day for each location and so the average attendance may be affected by bad weather on one or more occasions. To help overcome this charts covering the period 1 April 2009 to 31 March 2019 (10 years) are also included. Even for this period there are only between 9 and 70 observations for each day for each location and so the average attendance may still be affected by bad weather on one or more occasions.
- For Wednesday and Sunday walks the out of borough locations - Banstead Heath, Banstead Woods, Chipstead Road, Headley Heath, Oxshott Heath and Princes Coverts - tend not to attract as many walkers as other locations (Figs 3, 3a, 4, 4a). Possible reasons include the walks being more hilly,

being further to travel from some parts of Epsom and Ewell, being more difficult for some to reach by public transport, lack of car park at Banstead Heath and Chipstead Road, car park charges for non-NT members at Headley Heath and lack of familiarity with the area.

Fig 3: Average number of health walkers by location: Wednesdays

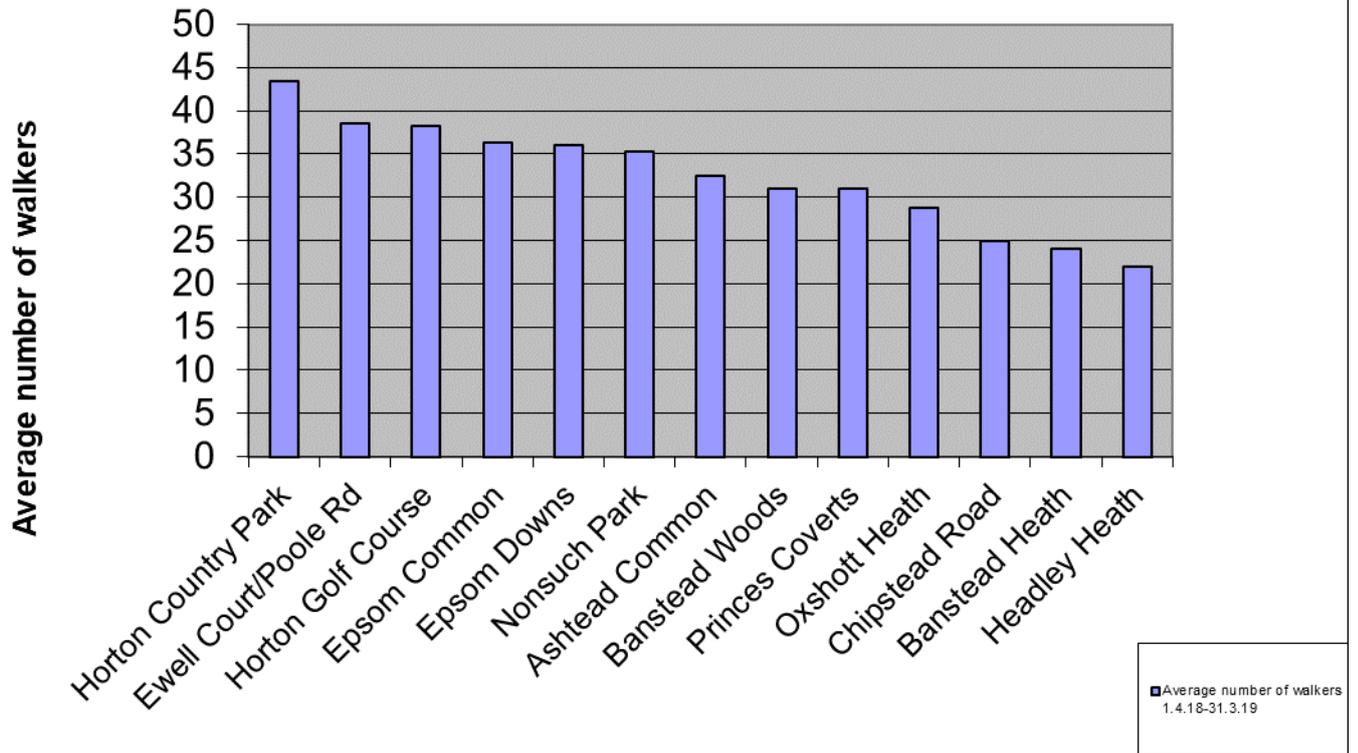


Fig 3a: Average number of health walkers by location: Wednesdays

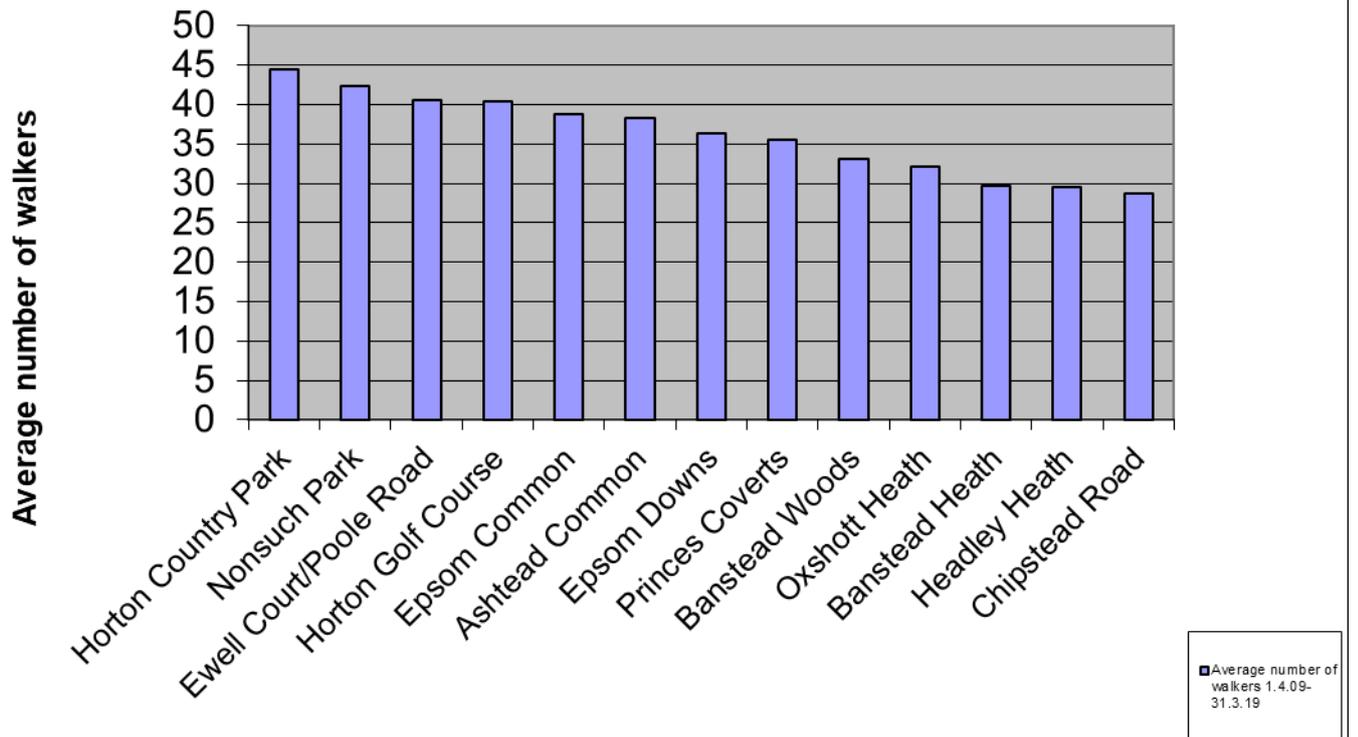


Fig 4: Average number of health walkers by location: Sundays

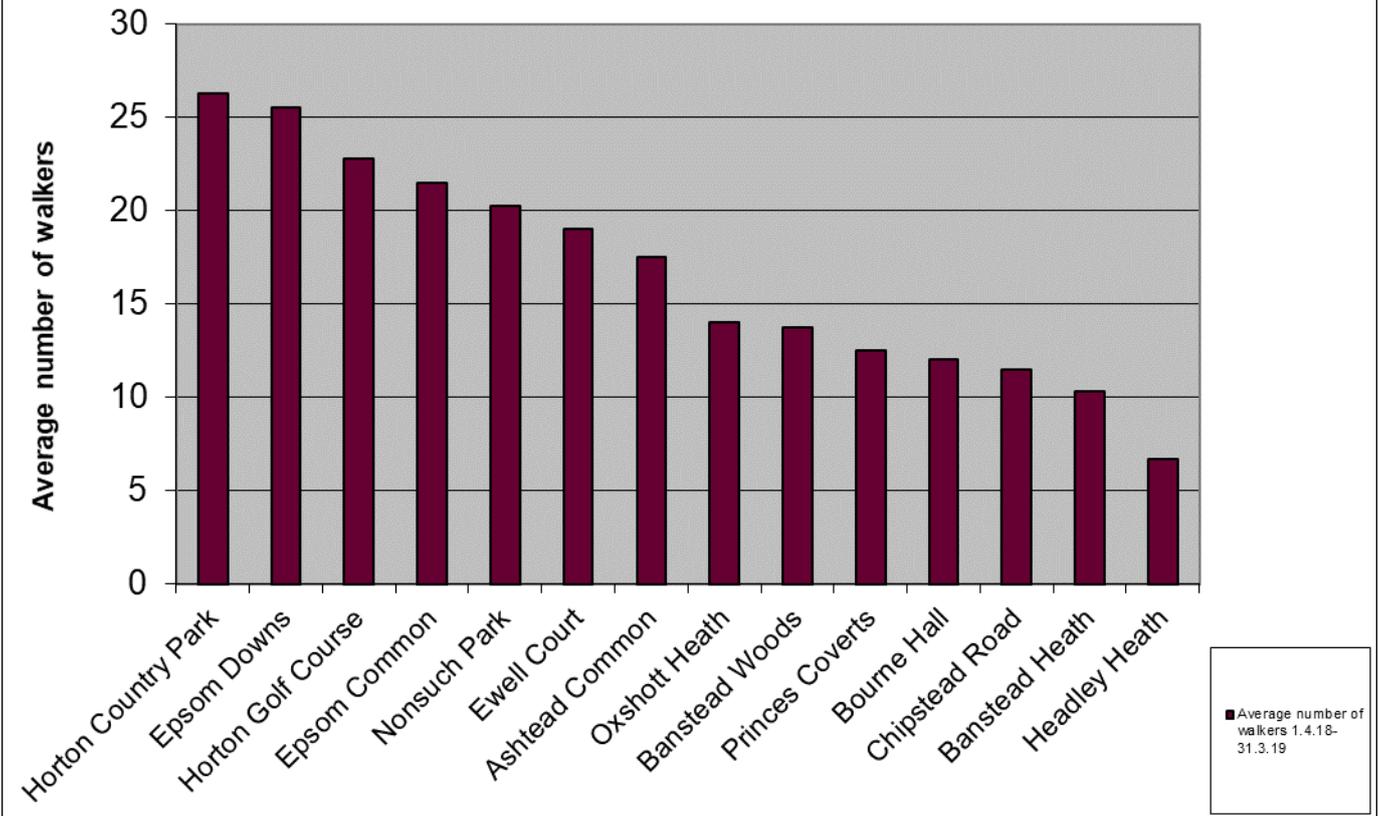
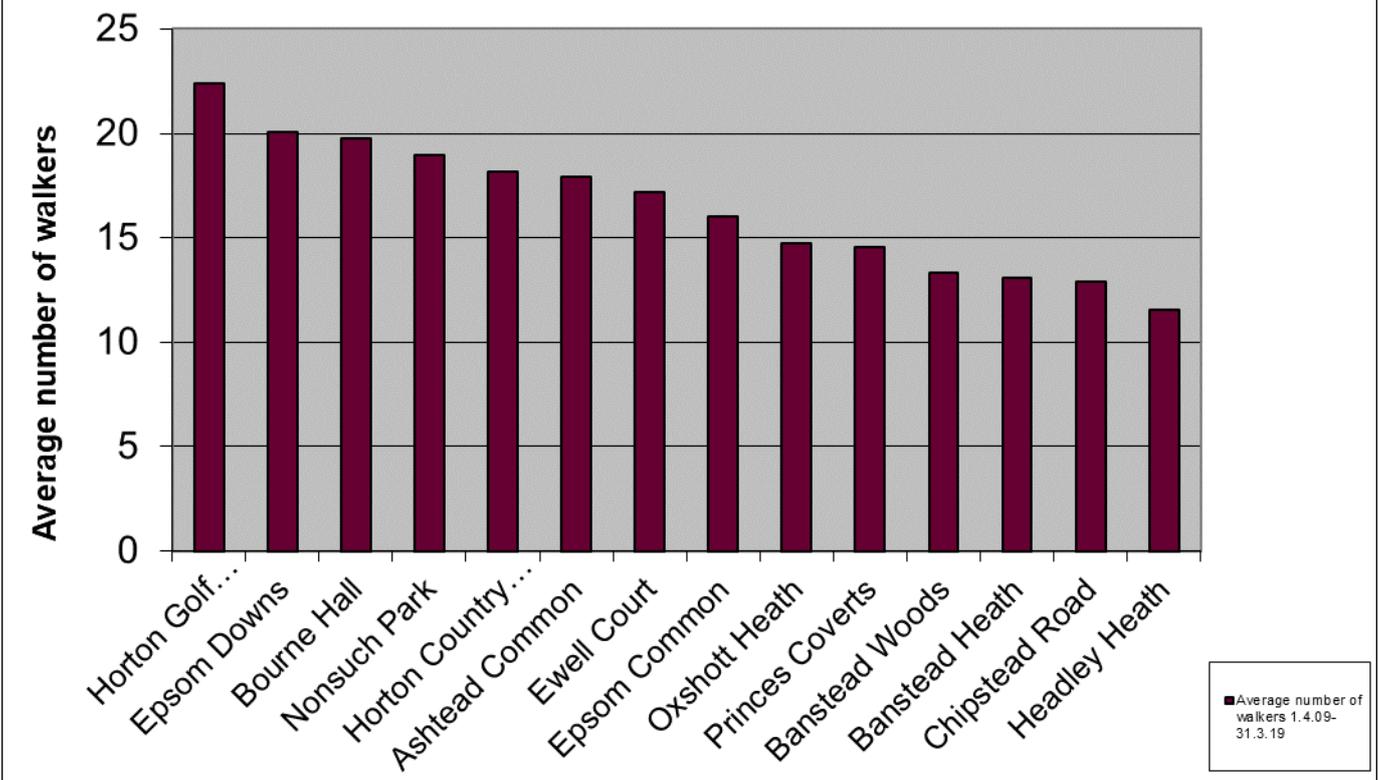


Fig 4a: Average number of health walkers by location: Sundays



- Figure 5a shows that the average attendance on Monday walks over the last 10 years was between 14 and 19 for most locations. The higher figures for Ashtead Common and Priest Hill are misleading as these locations were only introduced in 2016-17 since when all Monday attendances have been higher than in the past. Figure 5 which covers 2018-19 only shows that average attendances at these locations were similar to those at other locations.

