

EPSOM AND EWELL HEALTH WALKS REPORT – SPRING 2019

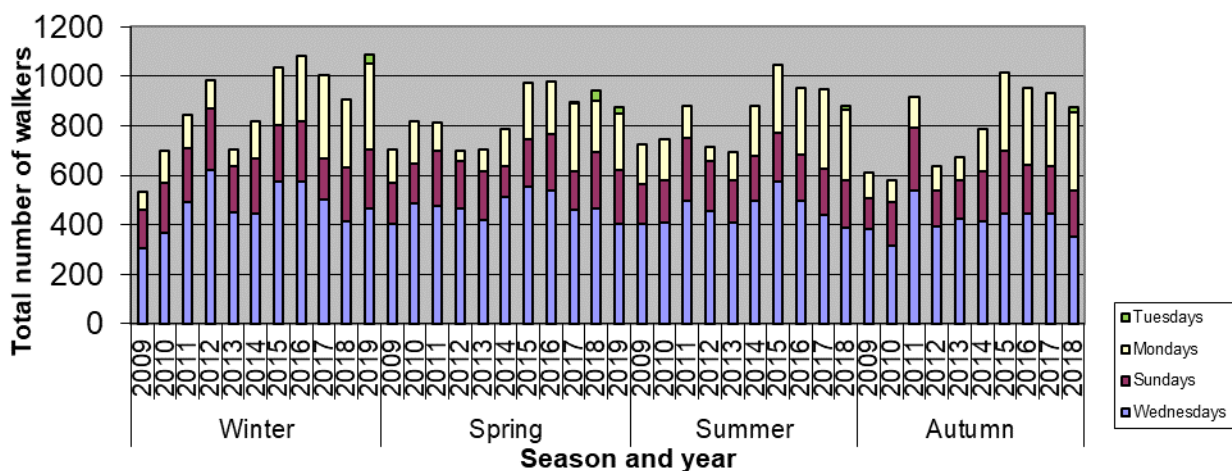
Summary

Total recorded health walk attendances in Spring 2019 were 878, 208 (19%) fewer than in Winter 2018 (1,086) and 66 (7%) fewer than in Spring 2018 (944) (There were 3 fewer walks in Spring 2019 than in Winter 2019 but there was 1 more than in Spring 2018). Compared to Winter 2019, Wednesday attendances fell by 67 (14%), Sunday attendances fell by 16 (7%), Monday attendances fell by 116 (34%) and Tuesday attendances fell by 11. Compared to Spring 2019, Wednesday attendances fell by 66 (14%), Sunday attendances fell by 6 (3%), Monday attendances rose by 22 (11%) and Tuesday attendances fell by 18). 180 different people came on walks in Spring 2019, down from 198 in Winter 2019 and 185 in Spring 2018. The average number of walks they attended was 4.8, down from 5.3 in Winter 2019 and 5.1 in Spring 2018. Average numbers on walks in Spring 2019 were 31 on Wednesdays, 20 on Sundays and 23 on Mondays compared to 36, 18 and 29 for Winter 2019 and 36, 21 and 21 for Spring 2018.

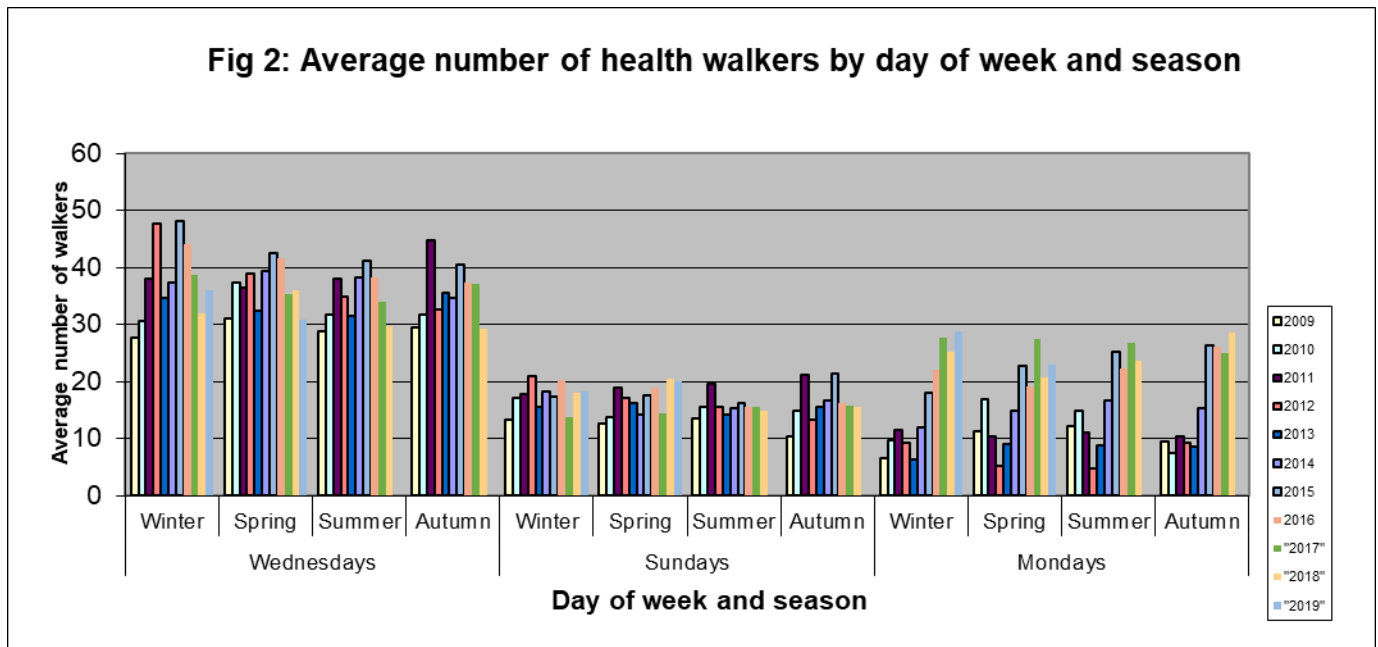
Findings

- Epsom and Ewell health walks in the Spring 2019 programme attracted 878 walkers, down by 208 (19%) on Winter 2019 (1,086) and by 66 (7%) on Spring 2018 (944) (Fig 1). There were 38 walks in Spring 2019 compared with 41 in Winter 2019 and 37 in Spring 2018.
- 180 different people came on health walks in Spring 2019, down from 198 in Winter 2019 and 185 in Spring 2018. Of the 180, 121 came on 1 hour walks only, 43 on half hour walks only and 16 on both. The average number of attendances per person was 4.8, down from 5.3 in Winter 2019 and 5.1 in Spring 2018.
- The total number on Wednesday walks was 401, down by 67 (14%) on Winter 2019 and by 66 (14%) on Spring 2018.
- The number on Sunday walks was 220, down by 16 (7%) on Winter 2019 and by 6 (3%) on Spring 2018. There were 11 Sunday walks in Spring 2019 and Spring 2018 compared with 13 in Winter 2019.
- The number on Monday walks was 229, down by 116 (34%) on Winter 2019 but up by 22 (11%) on Spring 2018. There were 10 Monday walks in Spring 2019 and Spring 2018 compared with 12 in Winter 2019.

Fig 1: Total number of health walkers by year and season



- Average numbers on walks in Spring 2019 (Fig 2) were 31 on Wednesdays (compared to 36 for Winter 2019 and Spring 2018), 20 on Sundays (compared to 18 for Winter 2019 and 21 for Spring 2018) and 23 on Mondays (compared to 29 for Winter 2019 and 21 for Spring 2018).



- Numbers on Wednesday walks were between 24 and 45 on 11 occasions. The Oxshott Heath walk on 3 April attracted only 21 and the Epsom Common walk on 8 May was affected by rain and attracted only 10.
- Numbers on Sunday walks were between 17 and 22 on 7 occasions. The Banstead Heath walk on 14 April attracted only 10 and the Headley Heath walk on 30 June attracted only 12. The Horton Country Park walk on 28 April attracted 33 and the Ewell Court walk on 23 June attracted 27.
- Monday walks attracted between 22 and 27 walkers on 5 occasions. The Ashted Common walk on 29 April attracted only 20, the Nork Park walk on 20 May attracted only 18 and the Epsom Downs walk on 10 June was affected by rain and attracted only 5. The Horton Golf Course walk on 15 April attracted 31 and the Nonsuch Park walk on 24 June attracted 32.
- There were 20 new walkers in Spring 2019, down from 23 in Winter 2019 but up from 18 in Spring 2018 (all figures exclude new walkers not completing a registration form). For 7 of these their first walk was on a Sunday, for 4 it was a Monday, for 2 it was a Tuesday and for 7 a Wednesday.
- The home addresses of these 20 new walkers were:
7 in KT19 (Epsom and Ewell (North West))
6 in KT17 (Epsom and Ewell (North East))
3 in KT18 (Epsom and Ewell (South), Epsom Downs)
1 each in KT7 (Thames Ditton), KT9 (Chessington), KT22 (Leatherhead) and SM7 (Banstead)
- Of the 20 new walkers, 16 agreed to have a health survey form E-mailed to them for completion), 17 agreed to receive updates from Ramblers and 15 agreed to be contacted by their local Scheme. 14 agreed to all 3 forms of contact, 1 to none and 5 to some but not all.
- Nine of the 20 had been on at least one further walk by 30 June 2019.

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15 August 2019