



Dawn Vernon:

Dawn having worked as a PE teacher and then in health promotion, found that walking was the most consistently successful exercise offered through a local GP exercise referral scheme that she set up. This led her to develop Doorstep (Health) Walks in and around Salisbury. Latterly she became the Training Manager to the national Walking for Health initiative (formerly Walking the Way to Health), developing scheme initiator and cascade walk leader training, that she and her team delivered to more than 40,000 professionals and volunteers.

Notes from the podcast interview by Andrew Stuck: Recorded in April 2010 and published in September 2010 on <http://talkingwalking.net>

To find out more about the Salisbury Walking Forum, the Doorstep Walks and other initiatives including (an award winning) walking map of Salisbury and Wilton: <http://www.salisbury.gov.uk/leisure/sport-and-fitness/health-initiatives/salisbury-walking-forum.htm>

Another Walking Forum that began offering Doorstep Walks in Trowbridge: <http://sites.google.com/site/trowbridgewf/>

The Ramblers offer many opportunities to join led walks, not just in the south Wiltshire area but all across the country: http://www.ramblers.org.uk/areas_groups/groupswalksfinder

Walking the Way to Health, set up 12 years ago by the then Countryside Commission (now Natural England <http://www.naturalengland.org.uk/>) and the British Heart Foundation <http://www.bhf.org.uk/> , has just received a significant boost of funding from the Department of Health and has been renamed Walking for Health <http://www.wfh.naturalengland.org.uk/> . 500+ health walk schemes and thousands of volunteers have been trained as walk leaders. You can do it yourself through the Walk4Life miles that will be launched in September 2010, these are based on the popular and successful Sli na Slainte! Developed by the Irish Heart Foundation http://www.irishheart.ie/iopen24/sli%20na%20slainte-t-8_197_200_208.html

Listen to an interview with William Bird:

http://www.talkingwalking.net/public/Talking_Walking/Entries/2009/12/19_William_Bird_talking_walking.html

Breast Cancer Care's Blenheim Palace Ribbon Walk:

<http://events.breastcancercare.org.uk/server/show/nav.159>

Playtex Moonwalk: <http://www.walkthewalk.org/Home>

Dawn **recommends a walk** around Corfe Castle and Studland Bay

<http://www.exploresouthwestcoastpath.co.uk/sandbanks2swanage.html> and riding on the steam railway <http://www.swanagerailway.co.uk/> and also locally in the Wiltshire Downs and Salisbury Plain http://www.ramblers-wilts.org.uk/south_wilts/index.htm