



### **Veronica Reynolds:**

Veronica is Chief Operating Officer of Walk England, a recently set up social enterprise to bring walkers, would-be walkers and professionals together.

Notes from the podcast interview by Andrew Stuck: Recorded in August 2009 and published in September 2009 on <http://talkingwalking.net>

Walk England evolved as an on-line portal for the Travel Actively consortium funded by the BIG lottery.

Walk England: <http://www.walkengland.org.uk/>

Travel Actively: <http://www.travelactively.org.uk/>

BIG Lottery: <http://www.lotteryfunding.org.uk/uk/big-lottery-fund>

Veronica sees its parallel in Cycling England: <http://www.dft.gov.uk/cyclingengland/>

Walk England has support from the Department of Transport: <http://www.dft.gov.uk> and the Department of Health and is designating 2012 one mile Active Challenge Routes as part of the delivery of the Department of Health's Be Active Be Healthy policy [http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_094358](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094358)

The Department of Health is trying to get a million people more physically active, at the same time as Sport England is trying to get one million people to take up regular sporting activities: <http://www.sportengland.org/>

Veronica set up the Goring Health Walks scheme 10 years ago, she was inspired by Dr William Bird in nearby Sonning Common.

<http://www.whi.org.uk/details.asp?back=true&key=AX909%7C0%7C12186714065%7CR%7C18%7C3172143062009594375929&parentkey=AX909%7C0%7C12186714065%7Cp%7C18%7C0>

Together they tested the fitness of participants using the Rockport one mile fitness test, that will now form a key element of the Active Challenge Routes.

<http://www.thefitmap.co.uk/exercise/tests/advanced/aerobic/rockport.htm>

Physical Activity Care Pathway:

[http://www.dh.gov.uk/en/PublicHealth/Healthimprovement/HealthyLiving/DH\\_079599](http://www.dh.gov.uk/en/PublicHealth/Healthimprovement/HealthyLiving/DH_079599)

Walking the Way to Health, set up 10 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.whi.org.uk/>. 500+ health walk schemes and thousands of volunteers have been trained as walk leaders

<http://www.whi.org.uk/details.asp?back=true&key=AX909|0|12186714065|R|18|3185142082009370983129&parentkey=AX909|0|12186714065|p|18|0>

The National Cycle Network offers great routes for walkers too:

<http://www.sustrans.org.uk/what-we-do/national-cycle-network>

Brighton sea front has half mile markers: <http://www.brighton-hove.gov.uk/index.cfm?request=c1170874>

"Walking for Health & Happiness" was written by Veronica & Dr William Bird and is still available through Amazon: <http://www.amazon.co.uk/Walking-Health-Happiness-Step-step/dp/1903258278>

Veronica **recommends her local walk** around Goring village and along the River Thames – a similar walk can be found here:

<http://www.chilternsaonb.org/downloads/publications/Walk20GoringandThamesPath.pdf>