



NEWS RELEASE

25th May 2010

East Devon's 'Walk This Way' Scheme Achieves Natural England Accreditation

EAST Devon's popular 'Walk This Way' scheme has gained Natural England Accreditation. The scheme, which encourages people of all ages and abilities to walk for their health, was awarded the status last week in recognition of its high standard of guided health walks.

Stella Goddard, Walk for Health Programme Manager, explains: "The new accreditation will inform supporters, participants, partners and funders alike that the individual scheme is worth being involved with and is part of a bigger whole that is properly and robustly evaluated".

To celebrate their new accreditation and to thank all those volunteers who give up their time to help others stay fit and active, a celebration lunch and walk was held in Colaton Raleigh this Monday (24th). A band of 30 walkers from the Exmouth, Sidmouth and Axminster groups, including volunteer leaders, managers and Leisure East Devon staff, enjoyed a leisurely walk along the River Otter, followed by a well deserved lunch. Special thanks was paid to volunteer walk managers Jackie Dadds (Axminster), Brian Webber (Exmouth) and Lauren Dunlop Humphrey (Sidmouth), who have all undergone national 'Walking the Way to Health' training, as well as training in first aid and resuscitation.

The 'Walk for Health' programme in Devon and Cornwall has gone from strength to strength, and the work of its volunteers enables over 2000 people each year to walk regularly and enjoy the benefits of accessing the natural environment. Leisure East Devon (LED) introduced the 'Walk This Way' scheme in 2001, and now offers four health walks per week in the Exmouth, Axe Valley and Sid Valley areas. People of all ages and abilities are welcome to come along, and anyone interested should contact Andrew Dare, the walk manager, on: 01404 814317, or e-mail otterysportscentre@ledleisure.co.uk.

Ends

Photos

- 1) East Devon's 'Walk This Way' Group
- 2) 'Walk This Way' Coordinator Andrew Dare, Joined by Walk Managers Lauren Dunlop Humphrey, Brian Webber and Jackie Dadds.

Notes to editors:

1. Leisure East Devon Ltd was established on 1 January 2006. East Devon District Council's leisure facilities and equipment assets are leased to it. www.ledleisure.co.uk
2. The facilities are: Axe Valley Leisure Centre; Broadclyst Leisure Centre; Colyton Leisure Centre; Ottery St Mary Leisure Centre (Colin Tooze Sports Centre); East Devon Tennis Centre; Exmouth Swimming and Leisure Centre; Exmouth Pavilion; Exmouth's Phear Park; Honiton Swimming and Leisure Centre; Seaton's Seaford Gardens; Sidmouth's Coburg Road; Sidmouth Leisure Centre and Sidmouth Swimming Pool.

For more information please contact:
Andrea Bishop
Active Life Promotions Coordinator
Email: abishop@ledleisure.co.uk
Tel: 01395 562334