



LEGACY WEST MIDLANDS – PUBLIC HEALTH WALKS

Every Step Matters

1st June 22 and end date 31st December 2023

End of project report

Written by: Legacy WM

Commissioned by: Public health

Designed by: BCC

A BOLDER HEALTHIER BIRMINGHAM



1. GENERAL

Legacy WM had been commissioned by Public Health to install the one mile route, or 'Daily Mile', in 8 local parks. We have branded this programme 'Every Step Matters'. Our approach was to co-produce the walks to ensure that the local community is engaged and part of the development. This helps to ensure the usage of the routes and their sustainability.

A risk assessment is initially completed for all sites. For each walk, we worked with local residents and users of the park to co-design the most appropriate route that is safe for all users. In addition, we recruited & trained local residents/volunteers as walk leaders to deliver a regular health walk. We partnered with an organisation called Mason Mile, who supported the development of walk leaders and assisted with the promotion of the walks. Legacy WM has no ownership of the parks, the installation, or the regular walks. The sustainability of each park is subject to community and residents engaged.

Legacy WM is a member of the City of Nature Alliance with an aim to bring all parks to a standard level, in terms of: access, safety, biodiversity, amenities and usage. Our team took part in additional training on the Future Park Standards for all parks and green spaces, run by the City of Nature Alliance.



2. COMMUNITY ENGAGEMENT

We successfully co-produced and installed the following parks with local residents - Highgate, Phillips St, Calthorpe Park, Summerfield Park, Centre Park, Pype Hayes, Bloomsbury Park, and Handsworth Park.

All the walks have been added to [Active Birmingham Activity Finder](#).

2a) Highgate Park

The initial site visit and risk assessment had uncovered a risk of anti-social behaviours in the MUGA area of the park. We started conversation with Birmingham Open Spaces Forum and other local groups to set up a Friends of Highgate Park group to improve these issues. To date, this has been difficult for us to get residents to take on the responsibility of the group so it is still currently run by paid officers. However, we have made great progress with the local Highgate Streetwatch. We also supported the local food bank scheme and delivered health and wellbeing programmes, such as blood pressure screening and litter picks.

We piloted the walk route with a soft launch at New Hope Community Open Day and delivered

the walks with local community groups such as Asiana, Irish Community group and Age Concern.

We engaged with a range of local community events, including an open day in the park.

Highgate Park was launched on 15th May 2023,

There have been approximately 40 walkers engaged with the route. The video link to the launch can be found here

<https://youtu.be/d5CVKhQ2Hk4>

2b) Phillip St Park

We engaged with Mason Mile and users of the park to conduct the initial site visit and risk assessment. We worked with local residents to develop the walk and recruited a green mentor/walk leader to deliver green activities to support biodiversity in the park.

A soft launch was delivered by Mason Mile.

We distributed culturally sensitive health and wellbeing planners to encourage residents to use park routes and engage with the green activities. Approximately 25 residents were engaged with the route.

2 c) Calthorpe Park

We engaged with Asiana and the Saheli Hub at Calthorpe Park to conduct the site visit & risk assessment. We also worked with the local community forum and new residents from China at a new local build development. A trained leader led a regular weekly walk every Saturday at 9:30 am.

The Calthorpe Park route was launched on 3rd June 2023, with approximately 19 regular walkers engaged. The link to the video of the launch at Calthorpe Park can be found here <https://www.youtube.com/watch?v=Xf6Ei0yjkR4&list=PLCdDpGRdomNw5ZP5rrH1XmfJ4Cnx-eGT&index=4>

2 d) Pype Hayes Park

We collaborated with Erdington Walking Group to do joint walks at Pype Hayes and other local green spaces. We did a joint walk for Diabetes UK with the Erdington Walking group. A trained walk leader led a regular weekly walk every Saturday. The Pype Hayes one mile route was launched on 2nd April 2023 with 9 regular walkers, as well as MP Paulette and the local park manager. The link to the launch video is here <https://youtu.be/Z6uXLu4uJHs>.

This walk will be adopted by Erdington Walking Group, which now has a membership of approx. 32 people.

2 e) Handsworth Park

The initial site visit & risk assessment uncovered issues with constructions and scaffolding at Handsworth Leisure Centre, which was on the route. This delayed the installation of the route, which had to be designed around the scaffolding in the end. A new route was mapped in consultation with the Friends of Handsworth Park, local residents and users of the park. A regular walk was set up every Saturday with 12 regular walkers. We also engaged with a walking group supported by a local GP surgery, as well as other local walking groups using the park. During the process, we worked with local personal trainers who were very active in the park, such as Twinsane, Hector, and Kash the Flash. The Handsworth Park one mile route was launched on 12th August 2023, with Councillor Waseem Zaffer and Councilor Hendrina Quinnen. The link to the launch of the route video is here <https://youtu.be/uA3rhna00jw?si=TJ0oAwZ9mPZ5zr8>



2 f) Summerfield Park

The initial site visit & risk assessment and risk assessment uncovered issues with the traveller community illegally using the park as a site. As a result the installation of the route lines were limited to a particular part of the park.

We engaged with users of the park and also joined with an existing monthly walk in the park led by a local GP surgery. A new walk leader recruited and currently delivers a regular weekly walk for Mom's & toddlers every Thursday 10:00 am.

The Summerfield Park walk was installed in June 2023 with a core existing group of 8-12 walkers. Existing groups of 8-12 walkers. The launch took place in July 2023, the link the video is here <https://youtu.be/U5sOiAsc1DE?si=zFt9xxToYtDTkRMK>

2g) Bloomsbury Park

The initial site visit and risk assessment uncovered extreme anti-social behaviour issues within the area, which made it very difficult for our team and/or resident volunteers to lead a walk. We consulted with the Violence Reduction Unit and the Pod for support. Despite the issues, we

have recruited and trained a walk leader and worked alongside the City of Nature Alliance for improvement plans.

The route was installed and launched in September 2023 as part of a site visit with the City of Nature Alliance partners. This included the POD and the local police constabulary. It was agreed the POD would lead the regular weekly walk. The video of the launch can be found here <https://www.youtube.com/watch?v=nStUAXkN6D0&list=PLCdDpGRdomNw5ZP5rrH1XmfJ4Cnx-eGT&index=10>

2h) Centre Park

The Centre Park route was agreed as a result of conversations with local park managers and MP Paulette Hamilton. The route was installed in June 2023, with approximately 5 regular walkers attending.

The Centre Park route was launched in November 2023, the link to the video of the launch is here <https://www.youtube.com/watch?v=VR6BlfTchCY&list=PLCdDpGRdomNw5ZP5rrH1XmfJ4Cnx-eGT&index=11>

3. CHALLENGES WITH INSTALLATION

- a) All of the parks identified are in very deprived urban areas. As a result, our team has experienced a lot of anti-social behaviour, such as fly-tipping, dog mess, substance abuse and violence.
- b) All the sites are risk assessed and we have to manage the hazards and the health and safety of our team. Due to the antisocial behaviour, we have had to recruit 2 volunteers for each park to ensure their safety. It has been difficult recruiting 2 dedicated volunteers for each site.
- c) We originally sent in a realistic timescale for implementation at application stage. However, there was a huge delay in contracting, resulting in the project starting in the Autumn period. Due to the time of year and the leaves falling off the trees, the sub-contractors required the paths to be cleared of leaves, shrubs and mud prior to work commencing. The park keepers would need to be informed of this a day or two before the sub-contractors start work. Hence this put huge delays on the project
- d) There were delays in installing the lecterns as a result of co-producing the coordination of

the design with local partners, residents and community groups.

e) Due to the aforementioned anti-social behaviour problems in the parks, the lecterns were constantly damaged or stolen. This resulted in Legacy WM having to replace them at an additional cost.

g) The risk assessment for the Oval and Balsall Heath site have identified that these routes are not fit for purpose for the installation due to the nature of the terrain.

h) Consultation with local partners has revealed that there are plans for development on Farnborough Fields, hence a Daily Mile route may not be sustainable in the near future. This was confirmed by MP Paulette Hamilton. We made suggestions of other potential sites for the pilot Rookery, Brookvale or Centre Park. We also arranged a meeting with Danny Squires, Park Manager, who suggested Centre Park. It was agreed to go ahead with Centre Park.

i) Challenges with the brand name 'Daily Mile'.

This was agreed with owners of the project at the beginning of the project, who were happy for us to use the name and logo. However, to cover ourselves, we have locally called the project Every Step Matters.

6. MONITORING & EVALUATION

We conducted a robust monitoring and evaluation process which consisted of:

- Client feedback survey – co produced with Public Health
- Testimonies
- Social media engagement statistics

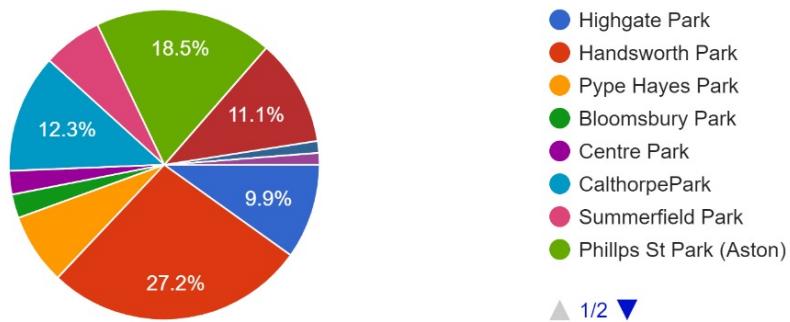
In addition, we now have a licence for the BCC/City of Nature Impact App and have been trained to use it.

6a Results of Client Feedback Survey

I. Percentage of respondents using the sites

Name of walk/site?

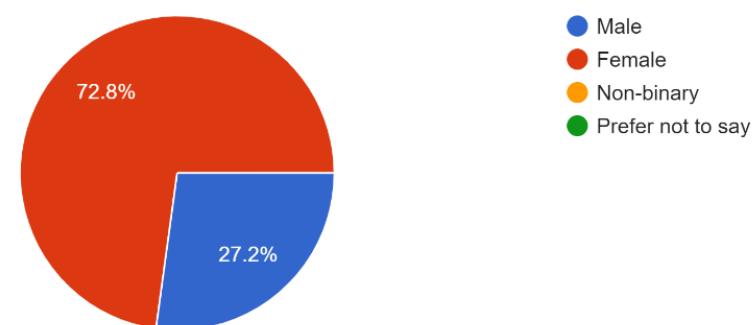
81 responses



II. Gender of respondents using the sites

What is your Gender?

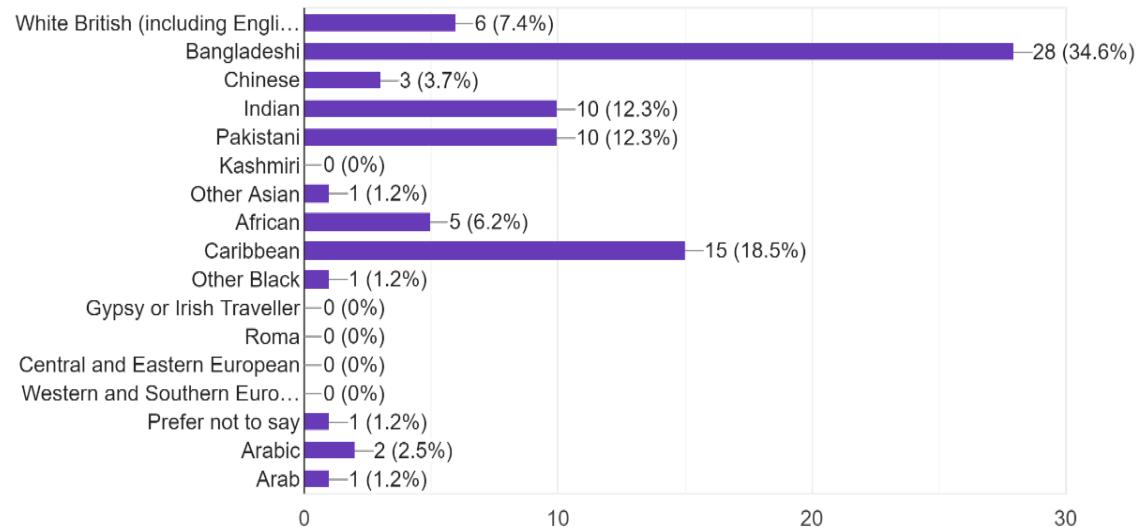
81 responses



III. Ethnicity of respondents using the sites

What is your ethnic group? If you have mixed ethnicity, please select which combination of ethnicities describe you best.

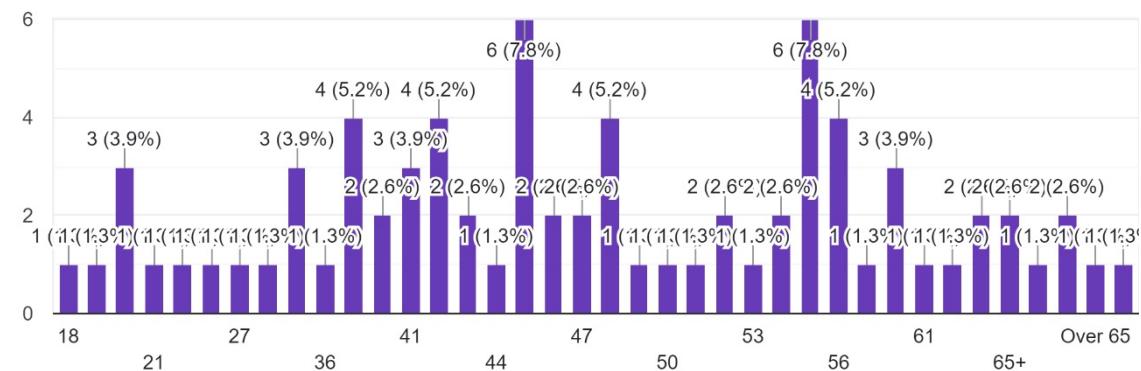
81 responses



III. Ethnicity of respondents using the sites

Please state your age (If you do not wish to say, please type 'prefer not to say')

77 responses



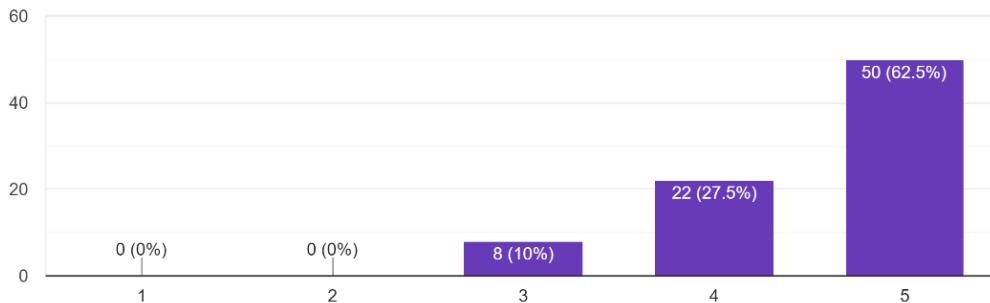
IV. Feedback on the walks

Did you enjoy the walk?

80 responses

1 = Highly Dissatisfied

5 = Highly Satisfied

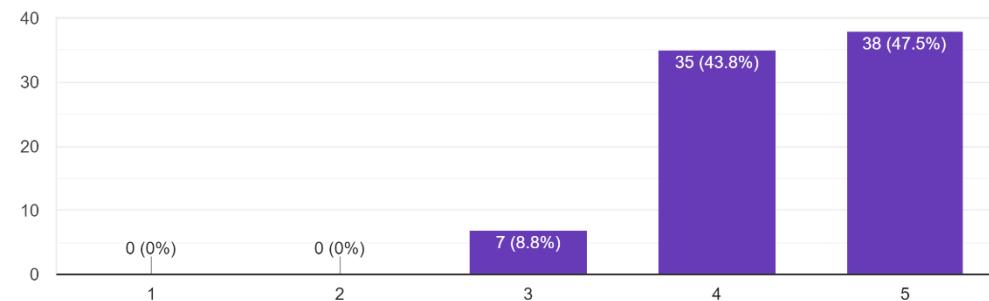


Has the walk improved your general health?

80 responses

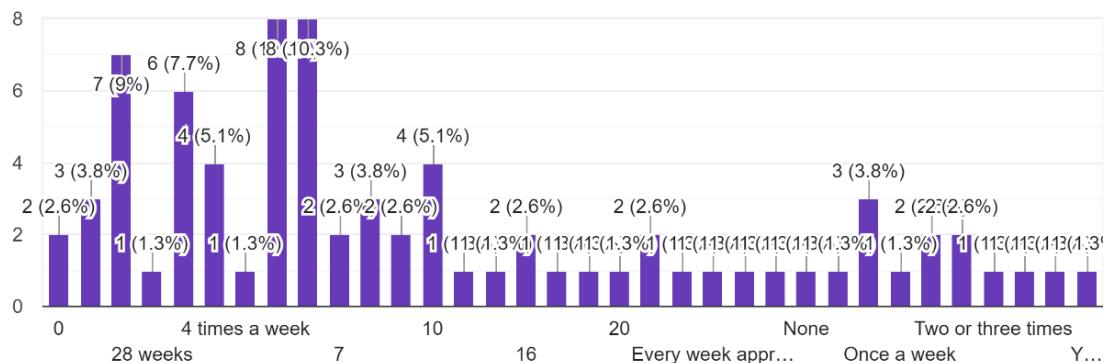
1 = Strongly disagree

5 = Strongly agree



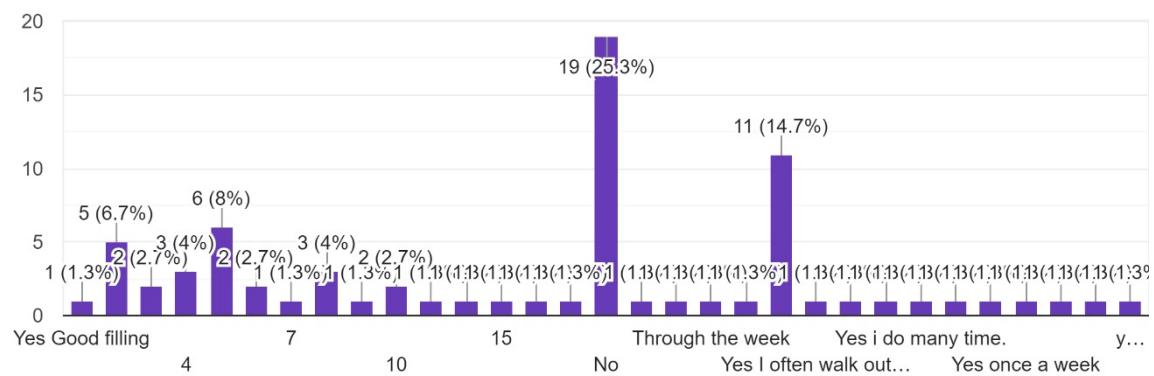
How many times have you taken part in the regular walks with the walk leader?

78 responses

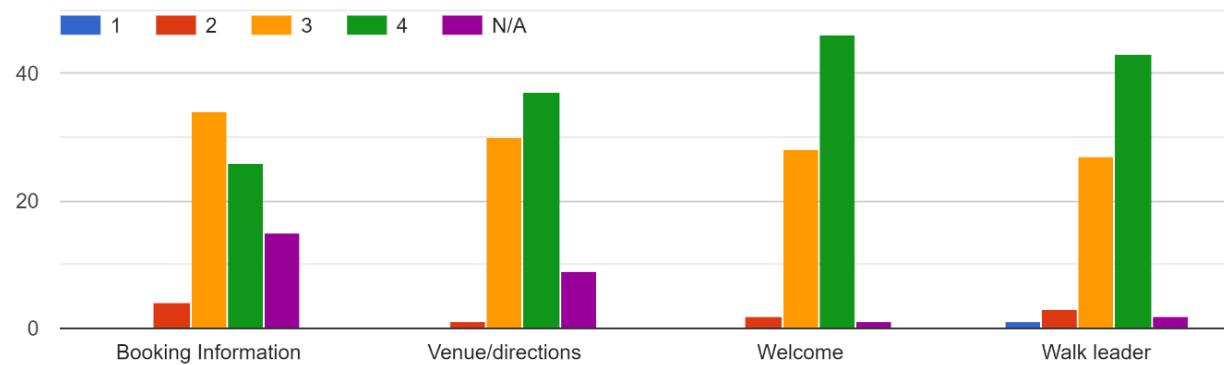


Have you used the one-mile routes at any other time? If so, how many times?

75 responses

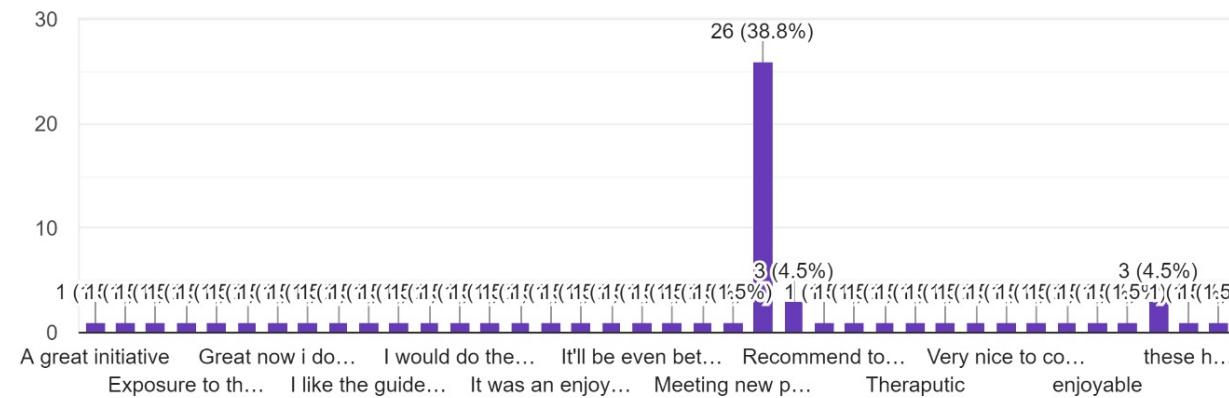


How satisfied were you with the following? 1=low , 5=high



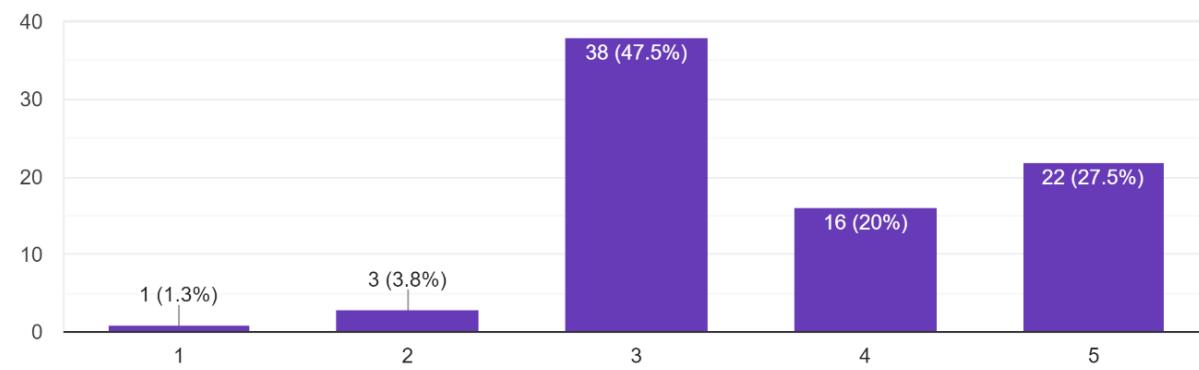
Any additional comments about the walk or overall experience?

67 responses



How much did you learn about your neighborhood?

80 responses



V. Testimonies

- "Being out in green space us very calming"
- "The walk route is a very strong incentive"
- "Got me to leave my house and get fresh air"
- "I suffered from a rare form of blood clot in my brain. Walking is really vital to my lifetime recovery, this has been a big help"
- "It gets me out and the fresh air"
- "Being around nature and the outdoors helps me to detox from working in front of a screen constantly, so it's helped improved my mental health by adding daily fitness into my regime"
- "Definitely feel like I look forward to my walk it clears my head"
- "Being amongst other people was good for my mental health and due to the lovely scenery"
- "I was one of those people "forced" to work from home since the initial Covid lockdown - living in a flat, on my own, I really missed the 'office banter' and socialising in general"
- "My whole wellbeing has improved"
- "It makes me feel enthusiastic and

motivated"

- "Yes, it improved my anxiety"
- "Yes, the walk is so relaxing"
- "I feel more happy & sociable"
- "It helps to clear my mind of other thoughts and lessens stress & anxiety"
- "Yes, as it gave me a chance to reconnect with nature and gave me a chance to calm down"
- "It has helped me block out negative thoughts that I have and let's me be in peace rather then overthinking to much."
- "the walks has improved my stress levels"
- "getting out has helped with depression"
- "I have met a great group of people"
- "Yes I now have a group of people I connect with on Saturdays"
- "Regular exercise outings with partner improve wellbeing"
- "I spoke to wonderful people on the walk"
- "I get to see family and friend's who also use the park"
- "I am constantly meeting new people throughout these walks and it's been a great way to connect with my local community"
- "Yes the walk has increased my social

connections as there were quite a lot of interactions with others, even its a simple greeting"

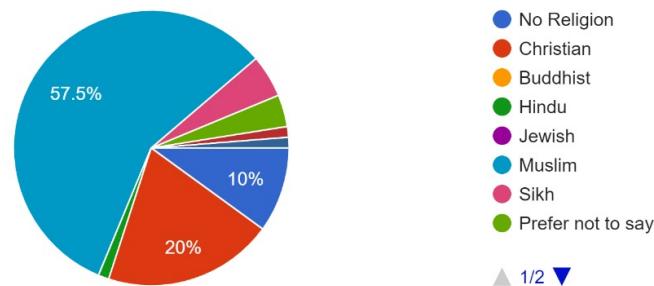
- "I have met new people and also practice my English"
- "Yes as I was able to communicate with people about walking as I have something in common"
- "The walk leaders were very welcoming
- "I made a friend and we walk together its fun!"

Video testimonies can be found on our YouTube Channel here <https://www.youtube.com/playlist?list=PLCdDpGRdomNw5ZP5rrH1XmfJ4Cnx-eGT>

6b) results of the optional questions on Public Health Standard Demographic Questions

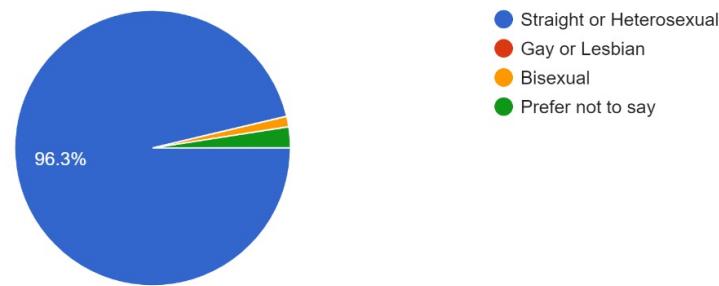
Faith and Belief: What is your religion?

80 responses



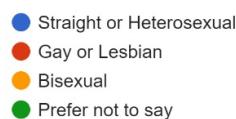
Which of the following best describes your sexual orientation?

81 responses



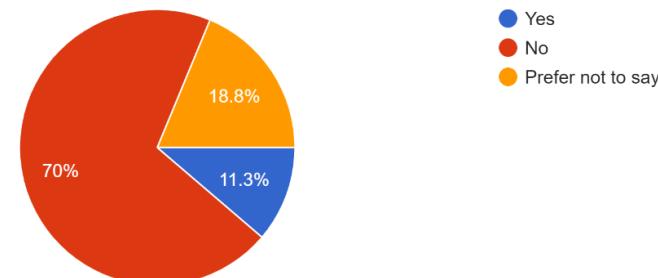
Which of the following best describes your sexual orientation?

81 responses



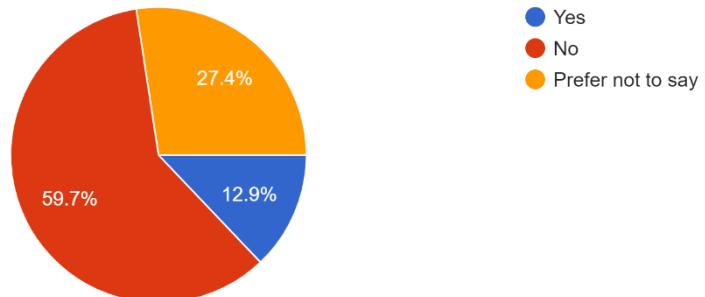
Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?

80 responses



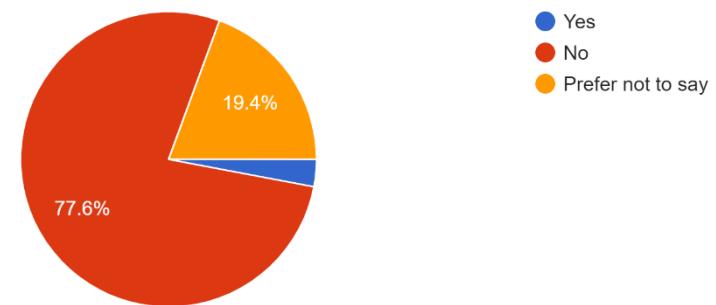
If Yes, now we are going to ask you some questions about your ability to do different activities: Do you have difficulty seeing, even if wearing glasses?

62 responses



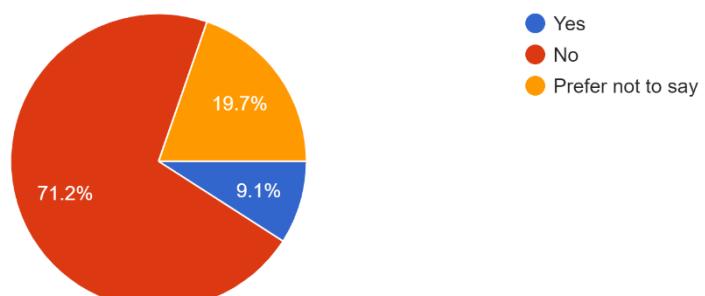
Do you have difficulty hearing, even if using a hearing aid?

67 responses



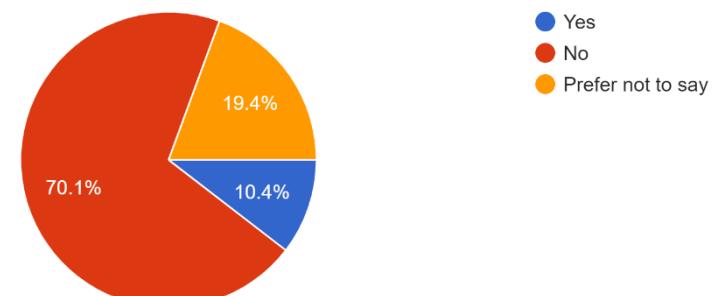
Do you have difficulty walking or climbing steps?

66 responses



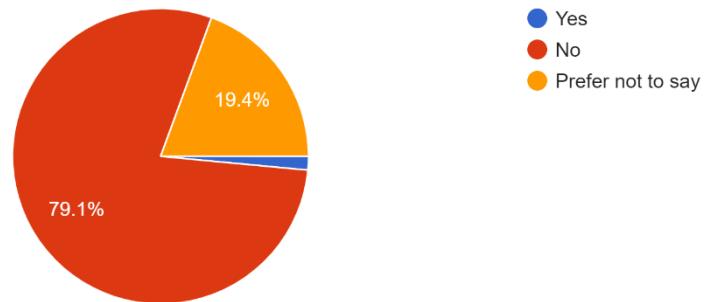
Do you have difficulty remembering or concentrating?

67 responses



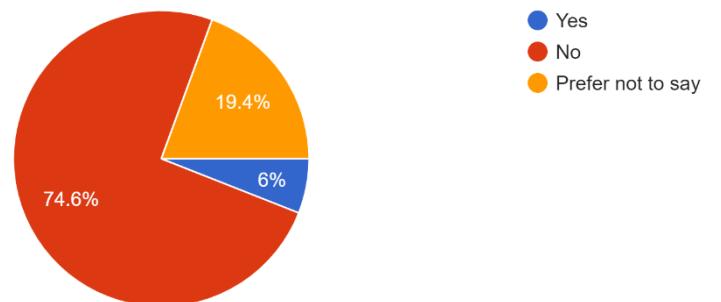
Do you have difficulty with self-care such as washing all over or dressing?

67 responses



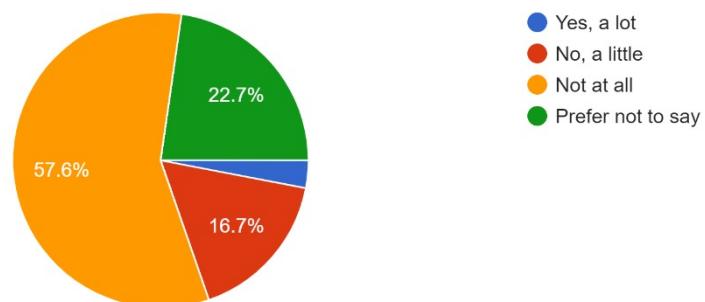
Using your usual (customary) language, do you have difficulty communicating for example understanding or being understood by others?

67 responses



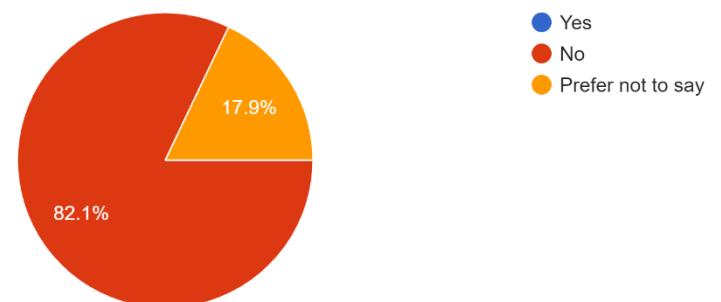
Do any of your conditions of illnesses reduce your ability to carry out day to day activities?

66 responses



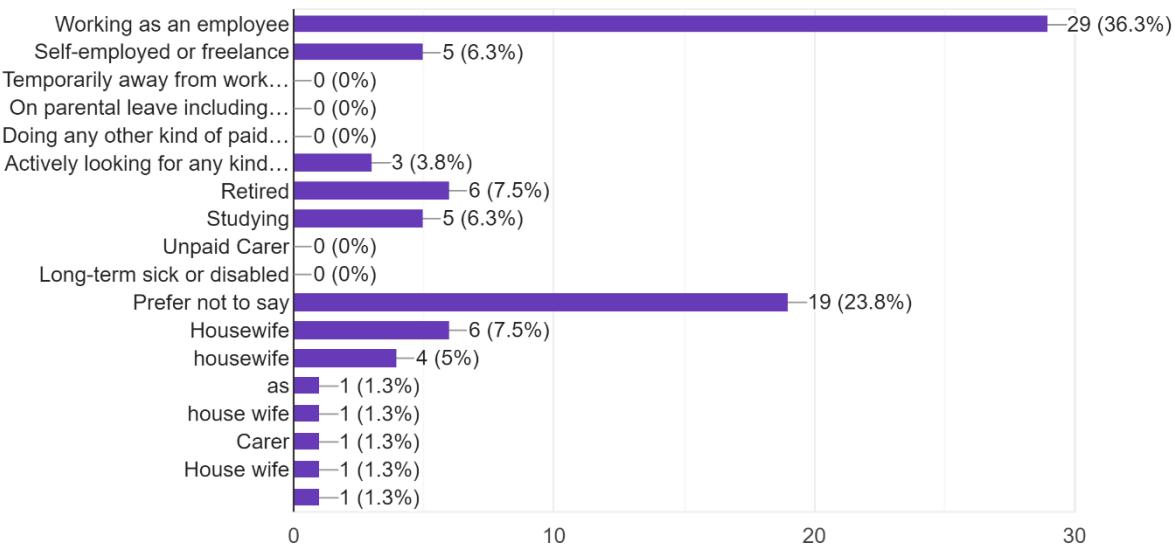
Pregnancy: Are you currently pregnant?

78 responses



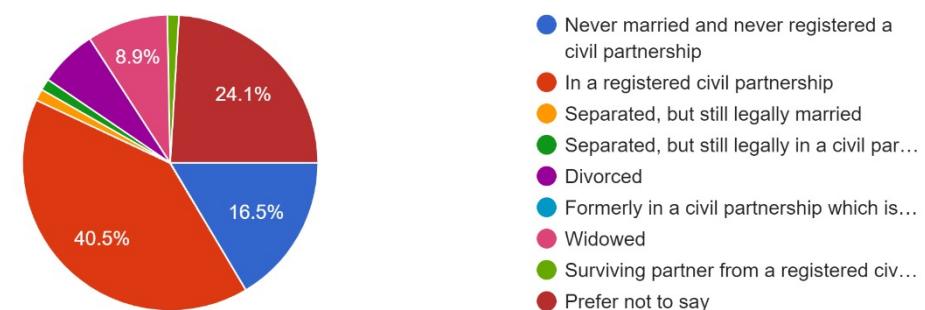
Employment: In the last seven days were you doing any of the following?

80 responses



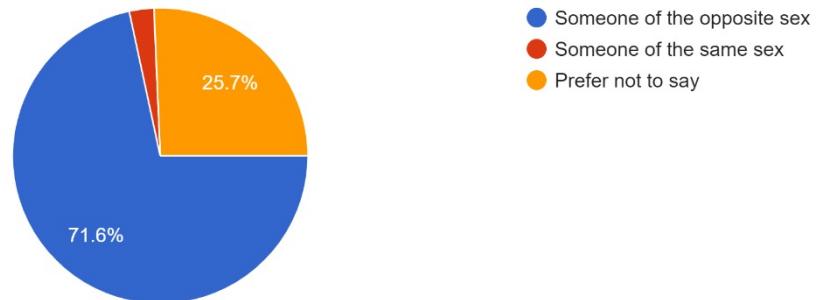
Relationship status: What is your legal marital or registered civil partnership status?

79 responses



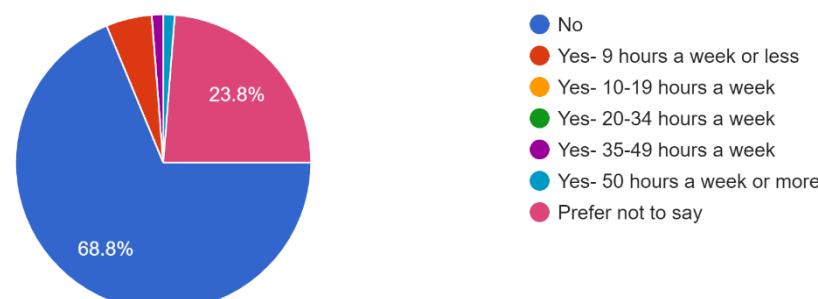
Who is (was) your legal marriage or registered civil partnership to?

74 responses



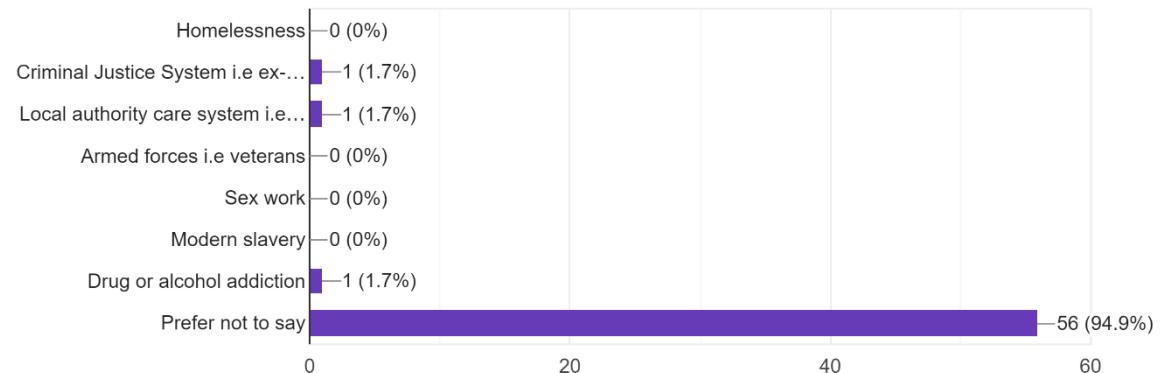
Caring Responsibilities: Do you look after, or give any help or support to anyone because they have a long-term physical or mental health condition or il... (exclude anything you are paid for as employment)

80 responses



Lived Experience: Which of the following do you have experience of personally? Please select any that apply.

59 responses



Appendices – Route marking contractors

We used 2 suppliers/subcontractors for the project:

a) For the route daily mile markings we used AAC Road Markings, Granby Business Park, Granby Ave, Birmingham B33 0TJ

0121 244 1121
john@aac-roadmarkings.co.uk

b) For the lectern, we used Fitzpatrick and Woolmer, Lakeside Park, 7 Neptune Close, Rochester, ME2 4LT

01495 362 125
Gary@fwdp.co.uk

1. What type/ description/ reference of products are used#?
ALL MARKINGS TO BS1871/2000 CLASS A MATERIALS, laid to BS 3262.

2. What is the manufacturer's recommended inspection and maintenance procedures to maintain safety and impact absorbing performance.

We recommend all markings are inspected once a year and that any wear or impact damage is noted and, if deemed necessary, an annual markings programme implemented to keep the markings in good condition. For example, if the 200LM of line is worn more than other areas then it is far less expensive than having the whole job done. Thermoplastic markings can be damaged with FLTs, dragging of heavy equipment etc.

3. What are manufacturer's recommended cleaning and maintenance methods, where relevant.

Given that on your jobs the markings are outside, thermoplastic lines are, to a certain extent, self-cleansing with natural rainfall usually sufficient to do the job. Where you may get dirty lines are when you have mud, oil, chemicals and maybe

leaves on the markings. If you hose the markings down that is usually sufficient with light broom brushing also. However, high-pressure jet washing is not recommended or mechanical sweeping as this may damage the thermoplastic.