

## **Mid Lincolnshire Local Access Forum – 24 January 2017**

### **"Getting Active Outdoors" - Update by Rachel Belcher, Lincolnshire Sport**

I detail below some background information for members in connection with Rachel Belcher's update to the Forum.

*Lincolnshire Sport is working with Sport England to explore their new research Get Active Outdoors, and how we can engage inactive people to spend more time being active outside. A link to the page including all the research is below.*

<https://www.sportengland.org/research/understanding-audiences/getting-active-outdoors/>

*We have secured funding to investigate how we can engage large numbers of people who are currently sedentary with their local outdoor space for the next two years, through orienteering style themed walks.*

*We are happy to fund all (commissioned health walks) areas who would like to upload five walks of up to three miles free of charge. We are particularly keen on supporting walks that have a theme, some local relevance or engage with nature, history, infrastructure etc. Further walks can be added at the cost price of £80 each per route (up to three miles, or £120 for walks of up to 6 miles). All walks can then be downloaded and printed for free, or navigated with an app for £1.50.*

*In order to upload your walks, you will need to attend a free 4 hour training session. This will enable you to subsequently design, write detailed instructions, walk the route, take photos and submit your walks for uploading (the technical side of uploading, debugging, updating, etc, will all be done on your behalf). Once live the walks will be available for all to see, and those who attend your walks will be able to make comments and offer feedback. You will remain the 'walk author' and be able to make changes over time if things change (such as ROW, access etc.)*

*If you are interested in taking up this offer, please express your interest with my colleague Lizzie Borrill asap, who will be able to send on details of the training session which will take place early in the New Year, allowing time for planning and uploading before March. [Lizzie.Borrill@lincolnshiresport.com](mailto:Lizzie.Borrill@lincolnshiresport.com). It may be that you have some keen volunteers who would like to get involved, or you can attend yourself.*

*The website and associated platform is below for your interest.*

<http://www.ifootpath.com/>

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