

## Living Streets Walkable Communities Workshops 2015

We know that increasing the numbers of people walking for short journeys has proven health, economic, and social benefits, for individuals and for communities.

The Scottish Government National Walking Strategy sets out a clear vision for walking in Scotland: *"A Scotland where everyone benefits from walking as part of their everyday journeys, enjoys walking in the outdoors and where places are well designed to encourage walking."*

Living Streets Scotland 'Walkable Communities' project enables us to work with local partners including community groups, officers and other stakeholders to enable and encourage more people of all ages and abilities to walk more often and to make more sustainable and healthier choices for local journeys. Funded by the Scottish Government and Paths for All, the project allows us to work with partners to help to deliver the core aims of the National Walking Strategy, which are:

- Create a culture of walking where everyone walks more often as part of their everyday travel and for recreation and well-being
- Better quality walking environments with attractive, well designed and managed built and natural spaces for everyone
- Enable easy, convenient and safe independent mobility for everyone.

As part of our Walkable Communities programme for 2015, Living Streets Scotland is pleased to offer an opportunity for community, local authority, and community planning partners to attend one of our workshops this Autumn.

The workshops are an opportunity to share experience and learning in developing and delivering walking effective interventions that enable and encourage more people to walk more often as part of every day journeys. Workshops will include a taster Community Street Audit and will focus on:

- Making the Case for Walking - Increasing our understanding of the social, economic and health impacts of reductions in walking rates on specific groups in communities and on communities as a whole, and of the benefits to increases in walking rates;
- Raising awareness of the most common barriers to walking (physical environment and other barriers) and challenges faced by people of different ages and abilities using our local streets;
- Sharing ways of engaging with communities to understand walking issues, co-produce effective solutions, and deliver real change;
- Exploring the potential for raising walking levels via behaviour change interventions, and effective improvements to the physical environment.

Monday, October 5 <sup>th</sup>	Stirling - Volunteer Scotland, Jubilee House
Thursday, October 29 <sup>th</sup>	Edinburgh - Storytelling Centre, The Royal Mile
Monday, 22 <sup>nd</sup> November	Paisley - West College, Abercorn Business Centre
Thursday, 3 <sup>rd</sup> December	Inverness - Spectrum Centre, Margaret Street

If you'd like to attend a workshop, please email [penny.morriss@livingstreets.org.uk](mailto:penny.morriss@livingstreets.org.uk) with your contacts details, dietary requirements and any access requirements you might have, and I'll get back to you to confirm your place.