



Shropshire Council
Legal and Democratic Services
Shirehall
Abbey Foregate
Shrewsbury
SY2 6ND

Date: Monday, 4 December 2017

**Committee:
Shropshire's Great Outdoors Strategy Board**

Date: Monday, 11 December 2017

Time: 10.00 am

Venue: Shrewsbury Room, Shirehall, Abbey Foregate, Shrewsbury, Shropshire, SY2 6ND

You are requested to attend the above meeting.
The Agenda is attached

Claire Porter
Head of Legal and Democratic Services (Monitoring Officer)

Members of Shropshire's Great Outdoors Strategy Board

Peter Carr	Stewart Pickering
Alex Carson-Taylor (Chairman)	Lezley Picton
Lee Chapman	Nigel Pocock
Sarah Faulkner	Ronald Repath
Ruby Hartshorne	Jack Tavernor
Deb Hughes	Mark Weston (Vice Chairman)
Chris Mansell	Andrew Wood
Cecilia Motley	

Your Committee Officer is:

Tim Ward Committee Officer

Tel: 01743 257713

Email: tim.ward@shropshire.gov.uk

AGENDA

1 Welcome, Introductions and Apologies for Absence

2 Public Question Time

To receive any public questions or petitions from the public, notice of which has been given in accordance with Shropshire Council Procedure Rule 14. The deadline for this meeting is 5.00pm on Wednesday December 6th 2017

3 Minutes of the Last Meeting (Pages 1 - 4)

The minutes of the meeting held on 7 September 2017 are attached for confirmation.

4 Health and Wellbeing (Pages 5 - 42)

Clare Fildes, Outdoor Partnerships Enterprise Manager, will introduce a series of updates and presentation about Public Health, Adult Social Care and the implications for Outdoor Partnerships.

Public Health and Adult Social Care- key issues for the sector and Shropshire Council.

Cllr Lee Chapman, Portfolio Holder for Health and Adult Social Care, will outline the issues currently facing the health sector and update the Strategy Board on the broad priorities for Shropshire Council.

Physical activity and mental wellbeing.

Emma Sandbach, Public Health Specialist will outline the key areas of activity for Public Health and other agencies, such as the CCG, this will include new initiatives such as Active Advice Pads and Social Prescribing.

Benefiting the health of residents and visitors through the outdoor network

Clare Fildes, Outdoor Partnerships Enterprise Manager, will highlight the achievements of active volunteering and Walking for Health, including Return on Investment and future funding options.

Members of the Strategy Board are asked to discuss the future priorities for health and wellbeing that should be included in the Shropshire's Great Outdoors Strategy 2018-2028, highlighting the part that could be played by outdoor activity and volunteering.

5 Brexit and Opportunities to Improve Access (Pages 43 - 56)

Mark Weston, Vice-Chair of the SGO Strategy Board, will present a paper on representation to Defra and Natural England on opportunities to improve and update public access to the countryside through mechanisms which benefit both the public and landowners.

After discussion Members are asked to agree the approach to Defra and Natural England.

6 Shropshire Great Outdoors Strategy (Pages 57 - 68)

Clare Fildes, Outdoor Partnerships Enterprise Manager, will update the Strategy Board on progress to date and timescales for completion of the draft SGO Strategy.

7 Date of Next Meeting

Members are reminded that the next meeting of the Shropshire Great Outdoors Strategy Board will be held on 19 March 2018 at 10.00am

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Committee and Date

Shropshire's Great Outdoors
Strategy Board

SHROPSHIRE'S GREAT OUTDOORS STRATEGY BOARD

Minutes of the meeting held on 7 September 2017

**In the Ludlow Room, Shirehall, Abbey Foregate, Shrewsbury, Shropshire, SY2 6ND
10.00 am - 12.05 pm**

Responsible Officer: Tim Ward

Email: tim.ward@shropshire.gov.uk Tel: 01743 257713

Present

Alex Carson-Taylor, Sarah Faulkner, Deb Hughes, Cecilia Motley, Lezley Picton, Nigel Pocock, Ronald Repath, Jack Tavernor and Mark Weston

10 Welcome, Introductions and Apologies for Absence

- 10.1 The Outdoor Partnerships Enterprise Manager welcomed everyone to the meeting. She advised that Trevor Allison was attending as an observer for the Ramblers and that he had asked two public questions. She also welcomed PC Nick Cookson who was observing the meeting. She added that it was hoped that a representative of the police would join the Board at some point in the future.
- 10.2 The Outdoor Partnership Manager also welcomed Joy Tetsill, Senior Planning Officer who was present to give a presentation on the review of the Local Plan

11 Public Question Time

11.1 The following public questions had been received from Trevor Allison: -

1) Does Shona Butter think that mention should be made about 'gates within gates' and 'ladder stiles over historic walls and deer fences', in the County's response to the consultation on BS5709? This can be addressed in her item on the agenda.

2) The Ramblers in Shropshire are on many occasions annoyed that Planning Applications have been validated when the Applicant, or the Planning Consultants who have prepared the Application, have made no attempt to address the presence on the site in question of Rights-of-Way, or have answered the relevant question on the Planning Application incorrectly. Surely Planning Applications should not be validated if this is the case and cannot a level not be built into the validation process where the Definitive Map of Rights-of-Way is consulted? This question is obviously aimed to get a response from Joy Tetsill, the Senior Planning Officer, who is addressing this meeting.

11.2 It was agreed responses would be provided at the relevant point in the agenda

12 Declaration of Interests

12.1 There were no declarations of interest made

13 Election of a Chair and Vice Chair

13.1 The Committee Officer advised the meeting that as the previous meeting had been inquorate there was need to confirm the election of the Chairman and Vice-Chairman. He advised members that one nomination had been received for Chairman and one nomination for Vice-Chairman.

13.2 **RESOLVED:-**

That Alex Carson Taylor be elected Chair of the Shropshire Great Outdoors Strategy Board for the forthcoming municipal year and

That Mark Weston be elected Vice-Chair of the Shropshire Great Outdoors Strategy Board for the forthcoming municipal year.

14 Countryside Access Improvement Plan

14.1 Copies of the Draft Countryside Access Improvement Plan and the Network Assessment had been circulated

14.2 The Outdoor Partnerships Enterprise Manager reminded Members that the Countryside Access Improvement Plan was a statutory document under the CROW Act and that there was a requirement to review the plan every 10 years. She advised the meeting that a working group had been meeting to advise the process.

14.3 Following a discussion it was agreed that the Improvement Plan should form part of a wider strategic document, aiming to inform partner organisations and seek greater engagement.

14.4 In response to a query the Outdoor Partnerships Enterprise Manager informed Members that it was hoped that a draft of the Plan would be published before Christmas with a view to publishing the final document in April

14.5 The Outdoor Partnerships Enterprise Manager asked members to feed any further comment to her

15 Supplementary Planning Guidance

15.1 The following public question had been received from Trevor Allison

The Ramblers in Shropshire are on many occasions annoyed that Planning Applications have been validated when the Applicant, or the Planning Consultants who have prepared the Application, have made no attempt to address the presence on the site in question of Rights-of-Way, or have answered the relevant question on the Planning Application incorrectly. Surely Planning Applications should not be validated if this is the case and cannot a level not be built into the validation process where the Definitive Map of Rights-of-Way is consulted? This question is

obviously aimed to get a response from Joy Tetsill, the Senior Planning Officer, who is addressing this meeting

The Senior Planning Officer advised Mr Allison that validation was only on part of the process and that no decision was made until all relevant information was received. Mr Allison commented that the Ramblers Association as a non-statutory consultee very often had to object to applications where Rights of Way had been ignored and this could be avoided if the rights of way had been recognised in the validation process. The Mapping and Enforcement Manager assured Mr Allison that the Rights of Way team were consulted on any application where the relevant mapping layer showed that there was a right of way affected by the proposed development.

- 15.2 The Senior Planning Officer gave a presentation in which she outlined the process for the updating of the Local Plan. She informed the meeting that the updated plan would run to 2036 and the Council was currently consulting on the preferred options stage of the process.
- 15.3 Ms Picton commented that there was a need for more clarity around the balance between greenspace and development. The Outdoor Partnerships Enterprise Manager commented that there need to have a masterplan which identified areas of greenspace.
- 15.4 Mr Weston referred to the call for sites and asked whether existing sites would be reassessed and whether local communities would get a chance to have input on the sites put forward. The Senior Planning Officer commented that sites put forward would be assessed and that suitable sites would be put forward for consultation.
- 15.5 Mrs Motley commented that there was an opportunity to use CIL money in a more creative way to create greenspaces and that measures needed to be taken to prevent land banking by developers.
- 15.6 The Chairman thanked the Senior Planning Officer for her presentation

16 Public Health funding cutbacks

- 16.1 The Outdoor Partnerships Enterprise Manager advised the meeting that currently the team received £200,000 funding from the public health budget but that due to changes in the way the Public Health Department was being funded this would be halved for the financial year 2018/19 and would reduce to zero for the year 2019/20. She informed Members that work was being carried out to look at other sources of funding such as: -
- Developing a commercial offer for schools
 - Investigating the Social impact funding model
 - Seeking funding from Town & Parish Councils
 - Adult Social care – social prescribing
- 16.2 Mrs Motley commented that funding could be sought from the Big Lottery or trusts such as the Plunkett Foundation.

17 British Standard for Gaps Gates and Stiles BS5709:2006- Consultation

17.1 The following public question had been received from Trevor Allison: -

Does Shona Butter think that mention should be made about 'gates within gates' and 'ladder stiles over historic walls and deer fences', in the County's response to the consultation on BS5709? This can be addressed in her item on the agenda.

The Mapping and Enforcement officer informed the meeting that no mention of ladder stiles would be made as they did not comply with the easy access policy of the Council

17.2 Members considered a draft of the British Standard for Gaps, Gates and Stiles. The Mapping and Enforcement Manager highlighted the major changes.

17.3 Ms Faulkner commented that landowners found it difficult to access the document as there was a charge made for copies.

17.4 Mr Weston commented that there was not set standard for self-closing bridleway gates.

17.5 Members were asked to feed any further comments to the Mapping and Enforcement Manager.

18 Any Other Business

18.1 The Outdoor Partnerships Enterprise Manager advised Members of a consultation on access that the Welsh Government were currently undertaking.

19 Future Meetings

19.1 It was agreed that the Outdoor Partnerships Enterprise Manager and the Committee Offer would liaise with regard to future dates and that Members would be advised of future meeting dates when they had been agreed

19.2 The following agenda items were suggested: -

- Local Nature Partnership
- Brexit
- The implication of the Public Health Cuts

Members were asked to feed other suggestions to Outdoor Partnerships Enterprise Manager

Signed (Chairman)

Date:



Shropshire's Great Outdoors Strategy Board

11 Dec
2017

TITLE: Being Outdoors is Good for You- Outdoor Partnerships Health Initiatives

Author: Clare Fildes

Contact details: clare.fildes@shropshire.gov.uk

1.0 Summary

The Outdoor Partnerships Team are the part of the Council that look after the third largest Rights of Way network in the county (5,600km; from Shrewsbury to New York!) and 24 Country Parks and Heritage Sites across the county.

We work with 1,200 volunteers, who are involved with a number of active volunteering opportunities:

- Parish Paths Partnerships- ROW maintenance
- Volunteer Rangers- Parks and Sites
- Walking for Health- Volunteer-led walking groups
- Shropshire Wild Teams- Conservation volunteering

All these schemes are currently funded by Public Health in recognition of the improvements they bring to participant's physical and mental health but the removal of the ring-fence for Public Health funding means that this will not be available in the future. The £200k this year will reduce to £100k in 2018/19 and the withdrawn entirely in 2019/20 unless the funding situation changes.

Parish Paths Partnerships and Volunteer Rangers contribute 35,000 hours/an; saving Outdoor Partnerships around £270k in labour. Whilst the health benefits are still considerable, support for these volunteers needs to be secured within the Outdoor Partnerships budget, as these volunteers are helping deliver our statutory duty as well as other improvements (see Social Impact Assessment, appendix 1).

Wild Teams and Walking for Health are achieving more direct health benefits, however, and funding to support these initiatives needs to be found outside our Service. The aim of the presentation to the Shropshire's Great Outdoors Strategy Board is to enable a discussion about the future of active volunteering and Walking for Health and the priorities for health and wellbeing in the upcoming Shropshire's Great Outdoors Strategy 2018-28.

2.0 Walking for Health

Walking for Health is a national scheme that offers weekly, volunteer-led walking. 47% of participants have one or more long term conditions:

- High blood pressure
- Heart disease
- Diabetes

- Asthma
- Dementia
- Cancer

2.1 Achievements in 2016/17

- 56 active groups across Shropshire
- 1,818 participants
- 710 people walking every week
- 338 volunteer walks leaders

86% of participants were over 55 years old and 20% were over 75 years old.

2.2 Health outcomes

Walking for Health contributes to:

- The prevention or delay of long-term health issues, supporting people to live independently for longer
- Reducing loneliness and social isolation
- Recovery after illness
- Active Aging
- Addressing long term health conditions including dementia

2.3 Social Impact Assessment

The scheme in Shropshire is supported by 2 x 4 days per week Walking Co-ordinators and costs around £45,000/ an. This means the scheme costs £24.56 pp/ year or £1.41 pp/ walk.

The Return on Investment is approx. 1:5 (appendix 1)

If just 1% of participants started using a weekly Day Centre service instead of going for a walk it would cost the Council £82,500, more than double the cost of supporting Walking for Health.

This compares favourably to the National data, which demonstrated that the schemes cost and average of £76 pp/ year. At this level the schemes cost £3,775 per QALY gained, compared to £30,000 cost per QALY benchmark value recommended by NICE.

The National Return on Investment was calculated as 1:3.36 and at this level discontinuing Walking for Health support could cost health services around £151k/ an.

3.0 Shropshire Wild Teams

The Shropshire Wild Teams are groups of conservation volunteers who are using mental health services, primarily secondary services, as well people with learning disabilities.

Teams are picked up from Shrewsbury, Oswestry, Craven Arms/ Ludlow and Bridgnorth by the Wild Teams Officer and a full time assistant. Simon Brown, the Wild Teams Officer, is an ex Occupational Therapist with 16 years' experience of working with people with acute mental health issues. It is his experience that sets this initiative apart from voluntary and community sector initiatives such as Men in Sheds.

50 adults were involved in 2016/17.

Support needs include:

- Schizophrenia
- Depression
- Bi-Polar
- Self Harm
- ADHD
- Autism
- Suicidal Ideation
- Isolation
- Anxiety
- Drug & Alcohol Misuse

3.1 Achievements 2016/17

Mental health professionals and supporting agencies reporting that the Wild Teams are making a difference to the bigger picture of the costs involved in the prevention of relapses, hospital admissions, multiple weekly home visits and increased medication.

- Two Service Users have been discharged entirely from the Community Mental Health Team service
- At least six volunteers moved into work
- Some have been assessed to be ready to be referred onto employment agencies such as Enable.
- Reduced weekly staff visits.
- Service Users engage in the Wild Teams for a longer period than any other group previously tried.
- One Service User used drinking as a daily coping strategy but now abstains the day before and on the day he goes out to volunteer.
- Some have decided to try to give up smoking or begin a healthier diet.
- Withdrawn individuals become more relaxed in the Wild Teams, engaging in conversation again. They have generally “come out of their shells,” as one MH worker describes it. The volunteers meet up with their new circle of friends outside of the Wild Team days.

A report showing feedback from participants and health professionals can be found in appendix 2. The benefits of the Wild Teams are summarised in this 5 min film:

- [Wild Teams Film](#)

3.2 Health Outcomes

The Shropshire Wild Teams are contributing to:

- Prevention and rehabilitation of physical and mental health conditions
- Supporting people in crisis, addressing a range of mental health issues
- Early intervention
- Admission avoidance
- Helping people with learning difficulties

3.3 Social Impact Assessment

The Wild Teams cost around £65,000/ an, which means the costs of supporting participants is approx. £25 pp/ day compared to £165/ visit for health professional.

The Return on Investment is calculated at approx. 1:6, which means that discontinuing Shropshire Wild Teams could result in costs to the Council, NHS and DWP of around £350k/an.

4.0 Future funding options

The Outdoor Partnerships Team have assessed a number of options for future funding for Walking for Health and the Wild Teams. Appendix 3 summarises current and planned activity.

Appendix 4 is the Service Level Agreement for schools for the Healthy Outdoors for Schools offer.

5.0 Shropshire's Great Outdoors Strategy 2018-2028 and Health

Vision: By the end of 2028, people will be happier, healthier and more prosperous by being better connected to Shropshire's Great Outdoors through a safe and cherished publically accessible outdoor network.

Objective: Healthy- Benefit the health of residents and visitors through increased physical activity and improved mental wellbeing.

Suggested priorities:

- Joined up approach to active volunteering across natural and cultural heritage partners
- Inclusion of these initiatives in Social Prescribing across the county
- Identify funding to continue to support the Wild Teams and Walking for Health
- Develop a joint approach with the Health and Wellbeing Board and the Mental Health Partnership to help prevent and treat chronic health conditions, including working more closely with Adult Social Care, Public Health and other organisations to reach those who need support most.
- Ensure everyone has access to local greenspace and recreation and can benefit from the physical and mental health benefits it provides. Specific targets should be set, for example, one hectare of local nature reserve per 1000 people, two hectares of natural greenspace within 300 metres of where they live, and a 20 hectare site within two kilometres.
- If a Local Cycling and Walking Infrastructure Plan is developed, the Outdoor Partnerships Service will seek to be actively involved, ensuring that walking and cycling for local journeys and for visitors is a priority.
- Develop new programmes for young people, including the roll out of Healthy Outdoors for Schools and developing 'Daily Miles' on sites.
- Develop and maintain easy access and all-ability trails and better promotion of fully-gated routes on the Shropshire's Great Outdoors website.
- Programme of events and activities that encourage use of the parks, sites and Rights of Way.
- Supporting other outdoor activities e.g. fell running, orienteering, canoeing

6.0 Recommendations

The Shropshire's Great Outdoors Strategy Board is asked to discuss the continued support for Walking for Health and the Wild Teams and comment on the approach taken so far.

The Board is also asked to comment on the priorities for the new Strategy as listed above and make recommendations for key activity going forward.

7.0 Appendices

Appendix 1- Social Impact Estimates

Appendix 2- Shropshire Wild Team report

Appendix 3- Walking for Health and Wild Teams Funding Options

Appendix 4- Healthy Outdoors for Schools

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Appendix 1- Social Impact Estimates for Active Volunteering activity of Outdoor Partnerships

Notes:

The service costs included in this spreadsheet are from the New Economy Manchester data set:
<http://www.neweconomymanchester.com/our-work/research-evaluation-cost-benefit-analysis/unit-cost-database>

Assumptions have been made regarding the impact of not delivering these schemes, these have been tested with health professionals

Assumptions do not include visits to Doctors surgeries or impact on areas such as smoking cessation, healthier diets or falls prevention, although there is likely to be an impact on these, as the costs were not readily available.

The assumptions are based on likely minimum impacts as we do not have sufficient data to conduct a detailed analysis

Walking for Health nationally have carried out detailed research, the results of which are shown in the Walking for Health spreadsheet

<https://www.walkingforhealth.org.uk/healthcare-professionals/about-walking-for-health/walking-works>

Contact:

Clare Fildes: clare.fildes@shropshire.gov.uk
01743 255067

Social Impact Estimates

Wild Teams

Participants

50	Cost of Wild Teams/ year	£63,282	Cost/ participant/ an year	£1,265.64
			Cost/ day/ person based on 14 people each on 4 sessions per week for 45 weeks	£25.11

Output	No of individuals	Fiscal value Saving per individual	Total	Notes	Savings accrued by
Discharged entirely from the Community Mental Health Team service	2	£2,197	£4,394	Average cost of service provision for people suffering from mental health disorders, per person per year, including dementia	SC
Volunteers moved into work	6	£10,321	£61,926	Job Seeker's Allowance of £10,321 per person per year	DWP
Ready to be referred onto employment agencies such as Enable	5		£0		
Reduced weekly staff visits	30	£8,112	£243,360	Visits reduced by one per week over 52 weeks (based on £156/ visit)	SC
Abstainanse from alcohol	1	£2,015	£2,015	Alcohol misuse costs per year	CCG
Give up smoking or begin a healthier diet	5		£0		
Reduced depression/ anxiety as a result of social network/ reduction in social isolation	30	£977	£29,310	Ave cost of service provision for adults suffering for depression/ anxiety	SC/ NHS
Present at A&E	5	£134	£670	£134 per visit	NHS
Be admitted to hospital	3	£2,800	£8,400	£400/ day- assumer 7 day stay	NHS
Total			£350,075		
ROI				6	

Walking For Health

Participants 2016/17

1,818

Annual cost is £44,650, therefore cost/
participant/ an = £24.56

No of people walks= 32,761
Notes
Savings
accrued by

	Number of people	Saving/ person	Total	
Need home care packages as no longer active	18	£6,708	£120,744	1% of participants need home care packages SC
Day care services	18	£4,600	£82,800	1% start to use day care services once per week (£129 per week x 52 weeks) SC
Depression/ anxiety issues	18	£977	£17,586	1% have depression/ anxiety issues due to loss of social network (£977/ year) NHS/SC

Total

£221,130

ROI

5

Parish Paths Partnerships and Volunteer Rangers

Total cost/ an £92,068
 No of volunteers 723
 Cost per volunteer/ an £127

No of volunteer hours 34963
 Value of hours £270,963

Output	Number	Saving	Total	Notes	Savings accrued by
Hours work completed on rights of way, parks and sites	34,963	£8	£270,963	Contributes to the on-going maintenance of the Rights of Way, parks and sites	Outdoor Partnerships
Day care services	7	£4,600	£32,200	1% start to use day care services once per week (£92 for one day per week x 52)	SC
Depression/ anxiety issues	7	£977	£6,839	1% have depression/ anxiety issues due to loss of social network (£977/ year)	NHS/SC
Total			£310,002		

Shropshire Wild Teams

A Journey into the Hills – A Journey into Recovery

November 2017

The Shropshire Wild Teams are groups of conservation volunteers who are using mental health services, primarily secondary services, as well people with learning disabilities.

- Teams are picked up from Shrewsbury, Oswestry, Craven Arms/ Ludlow and Bridgnorth
- 50 people were involved in 2016/17
- The teams are supported by the Wild Teams Officer and a full time assistant
- The cost of the Wild Teams initiatives is £60,000/ an
- Cost/ person/ day is £25.11, based on 14 people on 4 sessions per week for 45 weeks
- Return on Investment approx. 1:6
- Possible cost of not supporting £350k

Support needs include:

Schizophrenia Depression Bi-Polar Self Harm
 ADHD Autism Suicidal Ideation Isolation
 Anxiety Drug & Alcohol Misuse

Film

A film showing the Wild Teams, with feedback form mental health professionals can be found here: [Wild Teams Film](#)



Each of the teams each go out once a week into Shropshire's outstanding natural landscapes and volunteer in meaningful and essential conservation and management work. Work which directly benefits national and globally significant habitats, the local communities within them, and visitors drawn to the County via tourism and leisure.

The Shropshire Wild Teams was originally set up with Public Health funding to engage with people leading sedentary and/ or isolated lives as a longer term preventative strategy to minimise future deteriorating health and the resulting increase in costs for further health care interventions.

Many of these are the most marginalised and disadvantaged within our communities. The Wild Team initiative quickly evolved to focus on those using mental health services, primarily secondary services, as well people with learning disabilities. The public cost of caring and supporting individuals using these services can be expensive, regularly resource intensive and nearly always long term.

Serious and chronic mental illness commonly manifests in the two main criteria referred to above, inactivity and isolation. Along with the added chaotic lifestyle many experience during periods of relapse or crisis, the longer term prognosis for many can be poor, resulting in deteriorating health issues and further complex interventions.

The Wild Team's approach to supporting people meeting the funding criteria has on the surface been relatively simple. Its foundations have been built on the growing evidence base that confirms the physiological and psychological benefits all of us experience from spending time within natural environments, from reducing heart rates and blood pressure to the release of serotonin and feelings of general well-being. A term that is commonly referred to as 'Eco-therapy'.

Simply by encouraging people to engage each week the Wild Team project immediately met its goal of increasing weekly activity levels. However, the overwhelmingly positive feedback from volunteer participants and supporting professionals goes far beyond just getting enough exercise.

Other benefits include:

- The opportunity to get out to meet others when previously they would stay at home throughout the week, maybe only leaving to shop for essential items.
- Feelings of belonging to part of a new unexpected social group, some for the first time in years.
- Gaining genuine new skills that have enabled an awakened confidence and realisation that personal agency and the ability to move on is a possibility open to them.
- Finding work is a goal may previously have been one kept private from others due to a lack of self-belief often from earlier “failures.” However talk of the possibility of work in the future is one that is now heard within all of the Teams.



Results and feedback from Mental Health Professionals on the impact of involvement in the Wild Teams

Mental health professionals and supporting agencies report that the Wild Teams are making a significant difference to Service Users. They agree that the initiative is helping reduce costs involved in the prevention of relapses, hospital admissions, multiple weekly home visits and increased medication.

- Two Service Users have been discharged entirely from the Community Mental Health Team service [1].
- At least six volunteers moved into work. [2] [3] [4] [5].
- Some have been assessed to be ready to be referred onto employment agencies such as Enable.
- Reduced weekly staff visits.
- Service Users engage in the Wild Teams for a longer period than any other group previously tried.
- One Service User used drinking as a daily coping strategy but now abstains the day before and on the day he goes out to volunteer.
- Some have decided to try to give up smoking or begin a healthier diet.
- Withdrawn individuals become more relaxed in the Wild Teams, engaging in conversation again. They have generally “come out of their shells,” as one Mental Health worker describes it. The volunteers meet up with their new circle of friends outside of the Wild Team days.



A supporting mental health agency gives an example of one of their Service Users working through the slow therapeutic process of returning home after a serious mental health related criminal offence. They say the lack of engagement between them and the Service User markedly changed after he joined the Wild Teams. He now returns to his current residential base at the end of his Wild Team day to enthusiastically talk to staff about what he has done. He now believes he can do new things. He is now getting ready to return home and has already started extended leave. [6]

Every week there will be seemingly small scenes and incidents that the Wild Team Co-ordinators will notice, be it an unexpected conversation, a joke and a laugh or a task completed independently with new skills and know how. These positive experiences, when given the added perspective from the health professionals who may have worked with an individual for a number of years, makes it apparent that bigger, important steps are happening. Long term health costs are no longer inevitable. The Wild Teams has become a place to begin Journeys of Recovery. [7] [8].

Quotes from professionals and volunteers

[1] As a support worker within a CMHT I regularly support service users to attend. I have seen many good outcomes of increased confidence, sense of pride through achievement, and increase in self-worth. This has led to several attendees being able to be discharged from CMHT support due to the benefits attending has brought. One attendee in our group was able to secure paid employment as a direct result of attending. The Wild Team is a great resource that mental health services can benefit from.

Bob Milton. Support, Time & Recovery Worker. South West Shropshire CMHT.

[2] A number of my patients with serious chronic mental illnesses have been attending and have received help which complements the more medical side of their treatment. The group addresses a need which is not met elsewhere in the service for people who often do not have a great deal in their lives due to their illness. I have seen people benefit greatly in the following ways:

Increased self-esteem - sense of achievement - - physical exercise - opportunity to socialise with their peers, having previously been socially isolated - - a safe place to learn to be around people again for those anxious about this – friendship - - enjoyment - getting into a routine - - a reason to get up and get out of the house - - the first step towards future employment.

In my view there has been a need for such an intervention for a long time. Thank you very much for offering this group to patients and I would wholeheartedly support its continuing in the future.

Dr Louise Cooper - Consultant Psychiatrist - South-East Shropshire Community Mental Health Team

[3] The role of the Wild Teams for the community mental health team has been important in the recovery of the service users accessing this group. The group has been provided to a rural team that has limited resources for group work especially for those under retirement age. The group has been accessed by service user with a range of diagnosis under both the psychosis pathway and non-psychosis pathway. The group has helped the service users to develop confidence to leave their home, develop friendships and increase confidence to interact with others. The group provides a safe place for the service users to develop skills at a pace that suits their level of need. The sessions have helped service user to develop a routine and help with confidence to access transport. The group also has helped to improve physical health of the service user. The group has also helped service user set goals for the future and be able to link in with other services to help with long term goal for achieving employment / pre-employment training. In terms of the outcome from a mental health service provision the availability of the group has assisted in the reduction of visits from mental health staff. The feedback from the service user also expresses their level of enjoyment of the group and value and meaning it has for them during their current episode of mental health illness.

Abigail Payne Occupational Therapist SE Shropshire CMHT

[4] It has been wonderful watching each group member grow in confidence each week whilst attending and getting a sense of achievement in what they do individually... I personally have been looking out for something like this for some time, but due to cut backs it has been extremely hard in trying to organise anything that even comes close to this... Majority of our clients, have historically disengaged with services, find it hard to socialise, lacking self-motivation/self-confidence, long enduring mental health. This scheme has given them a sense of purpose, a lot of the group also socialise on an individual basis which did not happen before. The interest that has been shown by other colleagues of mine at Bridgnorth CMHT, enquiring if there are more spaces available for the group has been very consistent. I cannot thank you enough for allowing us to be a part of this.

Ges Fleetwood – Bridgnorth Community Mental Health Team

[5] Thank you, this year has been one of the most difficult I have had to face and your support and positive outlook has made a huge difference. I don't often get lost for words but the days I have spent out with you and the team have made a real difference and I don't quite know how to say thank you... I have started to reduce my meds and touch wood I seem to be returning to my old self bit by bit. I genuinely would have been lost without wild teams this year and I hope that it continues to be a success. The new job will hopefully get me back in the loop and leave me time to pursue what I really want to do. I feel like I often left the house on a Monday morning feeling utterly lost and hopeless only to return after a day with you with more than a flicker of hope!!

Volunteer GF Tigers

[6] The service user I key work has grown rather fond of the time he has spent with the wild team, bearing in mind this is a man that likes to keep himself to himself, and has not gone out in a long time due to working on his family farm before he became ill. The wild team have helped him grow with confidence and also shown him that he can still go to groups like yours, and be able to do work other than working on the farm, he always comes back telling the staff here at the elms of his day with the wild team and he is always smiling even when there are jobs he is not much into. So again please can you thank everyone who have made this possible truly are a great service for the people with mental health problems so that they get the feel of going back to work.

Kimberley Maguire Support Worker - The Elms House Rehab and Rehabilitation Service

[7] I have several clients who are attending the Shropshire Wild Team project, in Oswestry and Shrewsbury. All of them have their own individual problems, from behaviour problems, mental health issues, communication difficulties and learning difficulties. I work for Enable and our main goal is to get people (back) into work. Your project is for some of them a first step back into a 'work' routine; getting up at a set time, to be on time at the project's meeting point, working together with others, listen to and follow up requests, learning skills they can use elsewhere and for some even training like the brush cutter awareness course and basic first aid. For my clients the project has proven to be very important, it has got them out of their house, they have learned new

things and gained in self-confidence and social interaction. And at least one of them is ready to look for paid employment, which is great. I sincerely believe that the project has many reasons to continue. We are talking about the wholesome wellbeing of people that are difficult to reach and for whom working has many positive effects. Plus you are working together with other supporting organisations like Enable, this co-operation enlarges the wellbeing of the people on the project and will lower the cost of health service interventions as well as benefits like job seekers allowance and ESA. Thank you very much for the good work and the clear communication. Keep it up!

Mireille, Learning Disability Employment Officer – Enable Shropshire Council

[8] I am writing to express my gratitude for the positive impact I feel that the Shropshire Wild Teams have had/are having, on the young people I have referred through to you. I am currently running a West Mercia Police and Crime Commissioner funded project for Energize Shropshire, Telford and Wrekin using sport and volunteering activities to try and reduce offending/potential offending behaviour in 16-24yrs old across the county. Many of the young people I come across are classed as 'hard to reach' with a range of physical and mental health issues. Confidence and aspirations are often low with many existent and perceived barriers. Feedback from the young people I am working with who have participated in the Shropshire Wild Teams clearly indicates to me that the project is having a positive impact on addressing some of these issues. In addition to this, the success of my project is very dependent on the strength of the partnerships that I build, and as such I have the utmost confidence in the relationship I have already established with you. I look forward to continuing our work together and once again thank you for the support your project provides for the young people I am working with.

Nick Herbert More than Sport Officer Energize Shropshire, Telford & Wrekin

[9] I am a team member I have a mental health problem it is not nice for me and I am glad that I am able to be a part of the wild teams. It has and continues to help me concentrate on something positive in my life. Thank you to all concerned. Thank you.

Volunteer MM Alpacas.

[10] Hi I am a volunteer with The Bridgnorth Zombies which is part of Shropshire Wild Teams. I joined this group in September 2016. The group is sometimes the only time I get to socialise so it is very important to me. I now look forward to Thursdays as it gives me a purpose. I have learned so many new skills and made a lot of new friends. I find the group very useful as it builds confidence and social skills. Way back in September I was a bit dubious about it but soon forgot most of my fears that I had. I am really enjoying the work we are doing and when get to work with groups like the National Trust. I find it so rewarding. Many thanks.

Volunteer GB Zombies



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Contact: **Simon Brown**, Shropshire Wild Team Officer

simon.brown@shropshire.gov.uk

Tel: 01743 255055

Mobile: 07990 086384

Appendix 3- Walking for Health and Wild Teams funding reductions- Options appraisal

Current allocation of funding:

- P3- £45,750
- W4H- £44,650
- WT- £63,282
- Parks and Sites- £46,318
- **Total- £200,000**

Relevant PH funded initiative	Objective	Case studies	Actions	Progress	Barriers/ impacts	Financial impact
Walking for Health	Reduce volunteer support to one 4 day/ week member of staff.	National W4H schemes- more independent W4H groups.	Identify activity that could be taken on by volunteers or dropped.	Meeting held with Regional Co-ordinator for W4H. New W4H Forum formed. Volunteers to take on admin, training and back up walks leading.	Will depend on willingness of volunteers to become more independent.	Reduce funding for Walking for Health from £46,520 to £24,650 for 2019/20.
Walking for Health	Develop CIC to help fund co-ordinator post and make W4H more self-reliant. Identify external funding.	National W4H schemes- constituted groups of volunteers, Community Interest Company development. Schemes elsewhere supported by Co-op.	Investigate the possibility of a constituted group that could secure funding that the Council couldn't e.g. Co-op, Aviva, Tesco.	Walking 4 Health Forum to consider later in 2018/19.	Will depend on willingness of volunteers to increase the level of support and take on new activities, such as setting up a committee, constitution	Unclear at this stage but could bring in several £1,000s.

					and bank account.	
Walking for Health Wild Teams	Identify Social Investors who may invest in these schemes as part of their Corporate Social Responsibility. These could be private companies or local Trusts.	Based on the Social Impact Bond model but without the financial returns.	Identify the potential savings to the ASC/ NHS funds of the schemes. Discuss with Economic Growth Team to identify potential contacts.	Worked with Neil Evans to use the New Economy Manchester data to cost the potential impact of not running these schemes. Social Impact figures have been monetarised. The benefits need promoting to major Shropshire and national businesses and local Trusts.	Access to local businesses. Depends on business buy-in.	Unclear.
Walking for Health Wild Teams	Investigate alternative sources of funding through ASC/ CCG support and with external funders- rural.		Embed active volunteering in Social Prescribing roll out county-wide. Discuss opportunities through Better Care Fund with Tanya Miles. Get information on Every Step Counts and Age UK initiatives.	Discussed with Jo Robins- to be listed as Social Prescribing delivery partner. EOI for Better Care Funding submitted. Invited to meeting on 8 th Dec to discuss. Presentation to Mental Health Partnership Board resulted in interest from CCG and other partners. Meeting to be	Would require political support and funding from the already stretched ASC/ CCG allocations. Staff time to work up funding bids. Funding is very competitive and there is no guarantee of success.	Unclear.

			Big Lottery or Sports England may also fund this work.	arranged to discuss in more detail. Discussion with Big Lottery has identified that Wild Teams would be eligible, so EOI being developed.	Funding would be short-term.	
Walking for Health	Gain financial support from Town and Parish Councils.	Building on the work already undertaken by the Community Enablement Team to fund non-statutory Council activity.	Approach Town and Parish Council for contributions.	Discussed this with Kate G. Kate will be arranging a follow up TPC meeting for officers and will raise volunteering for discussion. Cllr Picton is reviewing the data for each W4H group and considering which TPCs to approach first. Considering approach to Shrewsbury TC.	Depends on T&PC willingness contribute.	Unclear.
Wild Teams	Use Wild Teams as a training opportunity for those with mental health issues and learning disabilities.	Six people have gone on to find work after being involved in the Wild Teams.	Investigate Wild Team training options.	Simon to discuss with WNSC. Spoke to Sarah Smith from County Training- not able to help. Meeting with Enable and Energize, who are interested in principle	This would be a completely new area of work. Staff time and expertise is an issue. Would be a longer term aim.	Unclear.

				but external funding would be needed.		
Outdoor Partnerships	Increase income generation across the service to cover Public Health funding gap.	Build on the work already undertaken over the past few years.	Increase income from external contracting, seek Parks and Sites management funding through Countryside Stewardship, increase income from events, develop Swan Hill depot, new extension at SVCP, new Country Park for Shrewsbury. Voluntary car parking scheme. Membership campaign.	<p>Meeting held with Chris and Tim S on 7th Sept. established that we could continue to develop the external contracting within the Council Regulations.</p> <p>EOI for EU funding bid successful for SVCP extension. Capital match funding secured from Shropshire Council.</p> <p>Discussions ongoing with Premises re Swan Hill.</p> <p>Membership campaign planned for end Nov.</p>	Staff time and capacity to develop and deliver new projects. Apply for funding and carry out contracting work.	External income aspirations in 2018/19 along with some savings, will cover support for P3 and Volunteer Rangers (extra £100,000) as part of the delivery of our statutory duties.

New activities

Activity	Objective	Case studies	Actions	Progress	Barriers/ impacts	Financial impact
Healthy Outdoors for Schools	Develop commercial Healthy Outdoors for Schools initiative to be delivered by Walking Co-ordinators.	Pilot work with two schools in 2016/17 demonstrated the success of this approach.	Commercial offer for schools has been developed and is currently being tested. Work will be funded by the schools through the Sugar Tax payments. To be launched to all schools in January.	Presentation to Central Policy Group of Head Teachers 27.09.2017. Presentation to Physical Education leads 26.09.2017. Interested schools have been contacted to test proposal.	Depends on take up by schools.	Secure £10,000/an funding from 2018/19. £20,000/ an 2019/20.
Workplace Walking	Develop commercial Workplace Walking offer for businesses delivered by Walking Co-ordinators.	Piloted approach with RSH and others in 2016/17. Limited success.	Meetings with Dr Kevin Lewis and Energize.	Commercial offer to be developed and rolled out through Help2Change as physical activity follow up to Health Checks.	No idea whether businesses will want to buy this service in. Help 2 Change working towards CIC but not clear on timescales.	Could contribute to salaries 2019/20 onwards.
New walking initiative	New externally funded project focused on new target audience e.g. disadvantaged groups, families, toddler groups etc.	Walking for Health nationally has piloted 'Every Step Counts', which facilitates inactive people to attend 10-30 minute walks. Age UK have been working on a buddying pilot.	Research projects that have been successful elsewhere. Work up funding bids.0		Time.	??

Conclusions

Healthy Outdoors for Schools, Workplace Walking, external contracting, contributions from T&PCs and increased income from other sources could potential cover around £100,000 in 2018/19, providing the core Outdoor Partnerships Council grant is not reduced. Without further investment it is not clear where the extra £100,000 could be saved. The only way of meeting this extra £100,000 within the proposed budgets would be to stop delivering Wild Teams and Walking for Health or a staff restructure, which would completely undermine the development of the more commercial approach that the Service has been developing over the past few years, resulting in reduced capacity to meet the statutory duties of the Service in the longer term.

An external funding bid for Wild Teams could secure short term funding but this would only be for 3 years, with future funding still an issue. Funding from organisations such as the Big Lottery is fiercely competitive and less likely to be issued to Local Authorities than to the voluntary sector. Support for Walking for Health can be reduced by relying more on volunteers but some support will need to be on-going to ensure those most in need continue to be recruited and involved.

Considerable external funding could be secured to support the work of Outdoor Partnerships as a whole and free up Council funding to fund the Public Health outcomes but there would need to be investment in the short term in a Development Officer/ consultants to work up funding bids and a new contracting gang (i.e. two members of staff and a vehicle) to take on more externally funded contracts.

It is hoped that those with the statutory duty to prevent the onset of chronic long term conditions and to help rehabilitate those with existing conditions will step in to integrate Walking for Health and the Wild Teams into core delivery, especially within the Mental Health services.



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Healthy Outdoors for Schools



Service Level Agreement 2017 / 18

Healthy Outdoors for Schools

Introduction from Service Lead

Dear Head Teacher, Chair of Governors and School Business Manager

Welcome to the Service Schedule for **Healthy Outdoors for Schools**.

We would like to support schools across Shropshire to help children and staff get fitter and healthier through the introduction of school-based Daily Miles and /or Walking Clubs. The Daily Mile is a regular 15 min walk, run, dance or hop on or around the school grounds aimed at including the whole school. Walking Clubs can encourage before, during or after school walking, potentially involving families and others in the community.

Both initiatives will help achieve the government guidelines which recommend *“that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school”*

Healthy Outdoors for Schools is provided by the Outdoor Partnerships Service, we are the Shropshire Council lead on Rights of Way, Parks, Sites and Walking for Health.

The Outdoor Partnerships Service maintain and develop countryside access, conserve and enhance important wildlife and heritage sites and promote enjoyment of the outdoors.

Our service is responsible for maintaining the extensive network of Public Rights of Way across Shropshire (over 5,600 km), two Country Parks and twenty two Countryside

Heritage Sites. We have active volunteering groups working on the Rights of Way, Parks and Sites, and leading walks to help people to get more active.

We want to encourage people to get out and about in Shropshire’s Great Outdoors and we’re keen to start young!

We have several packages of support within the Healthy Outdoors for Schools offer, which are detailed in this document.

We look forward to working with you.

Clare Fildes

Outdoor Partnerships Enterprise Manager

Healthy Outdoors for Schools

Our obligation and requirements

What we will do for you:

Daily Mile - Service provided

Bronze package

Initial meeting with School lead (establish wishes and resources.)

Start - up meeting (set action plan and start date)

Provide paperwork resources for initial set up phase (Parental letter, Physical activity level fact-sheet, information sheets)

Identify suitable routes within school grounds- preliminary planning and on site. Measure routes on the ground (+/- children involvement).

Provide Risk Assessments

Provide information sheets of fun things to do on the Daily Mile

Provide electronic information sheet of seasonally fun things to do on walks for parents to encourage family walking in leisure time

Follow up meetings with Daily Mile Lead x 2

Provide template evaluation sheet for data collection

Termly summary report

Input data on a termly basis

On site evaluation visit to school to gather feedback from sample group of staff and pupils following term one since commenced HOS initiative.

Provide a final end of year evaluation report, which the school can then use to showcase achievement to Ofsted, on website, to parent's and governors, as well as demonstrate effective use of Sports and PE premium funding.

Total cost for Bronze package: **£975**

Healthy Outdoors for Schools

What we will do for you:

Daily Mile - Service provided

Silver package

Attendance at / provision of materials including posters and leaflets for display at one Parent's evening during term one / Governors meeting

Provide short feedback questionnaire - half to two thirds through the initiative for School lead to complete, as evaluation and feedback from the initiative at the end of year 1

More comprehensive evaluation report based on results of questionnaire

Total cost for Bronze plus Silver: **£1,285**

Gold package

Identify a suitable mile route in local community for families to complete a Daily Mile out of school and provide map

Provide Risk Assessments for community route

Establish links with local community green spaces and countryside parks and sites where possible, and signpost to local walking and outdoor opportunities in the area

Total cost for Bronze plus Silver plus Gold : **£1,754**

Healthy Outdoors for Schools

What we will do for you:

Walking Clubs - Service provided
Bronze package
Initial meeting with School lead (establish wishes and resources.)
Start-up meeting (set action plan and start date)
Provide paperwork resources for initial set up phase (parental letter, physical activity level fact-sheet, information sheets)
Identify suitable routes
Liaise with Area Rights of Way Officer regarding community routes and any necessary work to improve access where possible
Measure routes on the ground (+/- children involvement)
Provide Risk Assessments for community routes for Walking Clubs (up to maximum of 3 routes)
Provide template evaluation sheet for data collection
Input data on a termly basis
First term summary report
Provide on-site walk leaders training session (for parents, staff, other volunteers who wish to help school run lunchtime +/- after school walking clubs)
Provide information sheets of fun things to do when out on walks
Total cost for Bronze package: £949

Healthy Outdoors for Schools

What we will do for you:

Walking Clubs - Service provided

Silver package

Provide short feedback questionnaire - half to two thirds through the initiative for School lead to complete, as evaluation and feedback from the initiative

Provide physical support -leading and assisting on lunchtime / after school walking club walks in initial set up period (on the first 4 walking club sessions as required)

Provide maps for walking routes within local community for walking club use.

On site evaluation visit to school to gather feedback from sample group of staff and pupils following term one since commenced Healthy Outdoors for Schools initiative.

Attendance at/ provision of materials including posters and leaflets for display at one parent's evening during term one / Governors meeting

Total cost for Bronze plus Silver: **£1,571**

Gold package

Establish links with local community green spaces and countryside parks and sites where possible, and signpost to local walking and outdoor opportunities in the area

Make links with the local Walking for Health volunteers where a local group is in place, to potentially help with walk leading to aid lunchtime or after school walking clubs

Provide a final end of year evaluation report, which the school can then use to showcase achievement to Ofsted, on website, to parent's and governors, as well as demonstrate effective use of Sports and PE premium funding.

Total cost for Bronze plus Silver plus Gold: **£1,910**

Healthy Outdoors for Schools

What we require from you.....

Daily Mile

1. School to provide a named link person - such as Senior Leader, Pastoral Manager, Business Manager, or PE Coordinator. This person will act as the school link for the Walking Coordinator and will:

Bronze, Silver and Gold packages

- a.) Help arrange the term one start up and action meeting and follow up meetings.
- b.) Liaise with school staff / children regarding arranging the feedback evaluation session for term one.
- c.) Act as a link with the staff and volunteers at the school and disseminate any information sent through by the Walking Coordinator to aid the school in developing the walking initiative.
- d.) Distribute and collect the termly data collection forms each half term and send in to the Walking Coordinator at the start of the next term for the Walking Coordinator to input and collate.
- e.) Promote the walking initiative within their school and to parents.

Silver Package:

- a.) Liaise with the Walking Coordinator regarding the date and details if they are required to attend a parents evening.
 - b.) Fill out a short questionnaire approximately halfway /two thirds through the initiative and provide to the Walking Coordinator (to inform them of the progress of the initiative to add into the final evaluation report.)
2. The school will arrange and ensure that all staff, parents or other volunteers who are to help with the Daily Mile have been appropriately vetted against current safeguarding policy.
 3. The school is responsible for the staff, parents/volunteers and children's safety and wellbeing whilst they are participating or assisting with the Daily Mile activities.

Healthy Outdoors for Schools

What we require from you.....

Walking Clubs

1. School to provide a named link person - such as Senior Leader, Pastoral Manager, Business Manager, or PE Coordinator. This person will act as the link for the Walking Coordinator at the school and will:

Bronze, Silver and Gold packages

- a.) Help arrange the term one start up, action meeting and follow up meetings.
- b.) Liaise with Parents / helpers regarding Walk Leader training session, and disseminate training information provided by the Walking Coordinator.
- c.) Act as a link with the staff and volunteers at the school and disseminate any information sent through by the Walking Coordinator to aid the school in developing the walking initiative.
- d.) Distribute and collect the termly data collection forms each half term and send in to the Walking Coordinator at the start of the next term for the Walking Coordinator to input and collate.
- e.) Promote the walking initiative within their school and to parents.

Silver Package:

- a.) Liaise with the Walking Coordinator regarding the date and details if they are required to attend a parents evening.
 - b.) Liaise with school staff / children regarding arranging the feedback evaluation session for term one
 - c.) Fill out a short questionnaire approximately halfway /two thirds through the initiative – and provide to the Walking Coordinator (to inform them of the progress of the initiative to add into the final evaluation report.)
2. The school will arrange and ensure that all staff, parents or other volunteers who are to help with Walking Clubs have been appropriately vetted against current safeguarding policy.
 3. The school is responsible for the staff, parents/volunteers and children's safety and wellbeing whilst they are participating or assisting with the Walking Clubs activities.



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Healthy Outdoors for Schools

Days / times during which Services are to be available

Full service during working week days

Normal service operating hours are Monday—Friday 09.00– 17.00

Evening and weekend sessions can be arranged

Contact Information

Helen Foxall Walking Coordinator or **Clare Fildes** Outdoor Partnerships Enterprise Manager

email: helen.foxall@shropshire.gov.uk

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phone: 01743 255067

Outdoor Partnerships

Shropshire Council

Shirehall

Abbey Foregate

Shrewsbury

SY2 6ND

We would be happy to discuss your requirements and provide a free initial consultation.

Healthy Outdoors for Schools

Pilot project summary :

'Healthy Outdoors for Schools' pilot project was launched during autumn 2016, to support schools to get children walking to increase their activity levels and aid a healthier lifestyle.

Helen Foxall, Walking Coordinator took time out from her usual role with Walking for Health to undertake the pilot project. Two schools: St. Leonard's School Bridgnorth and St. George's School Clun, took part in the pilot. Both schools decided to start the Daily Mile (DM) with Helen's support.

The schools embraced the initiative. Now running for a year, it is fully embedded into the school day and culture. Both schools adopted a whole school approach; meaning over 400 pupils are now walking or running a mile a day within the school day. Each school has given the DM their own individual stamp.

As part of the offer, links with schools and their local environment / community were encouraged, including promoting local walking opportunities for families to adopt in their leisure time.

Evaluation results from the pilot are very positive, with most staff saying they would recommend it to other schools, "Just try it!" a teacher commented.

Schools Participating	Size and location of school	Number of classes	Number of pupils	Number of children attendances for Daily Mile during Spring Term 2017	Number of adults (staff and helpers) attendances for Daily Mile during Spring Term 2017
St. George's School, Clun	Small, rural school	4	95	3068	195
St. Leonard's School , Bridgnorth	Large, urban school	10	329	12763	733

"Initially a lot of classes were going out at the same time, which caused problems. Now we stagger it and that is fine. More flexible now."

"They really love doing it...all join in", they "do it every day. Great as refocuses them and they are ready to learn"

"I've got one little girl who always spends her playtimes in the cloakroom area, so this is an opportunity to ensure she is outside and is walking"

To hear more from the schools about their experiences

please enjoy watching the video sent out with this SLA

Healthy Outdoors for Schools

Background information, further details and Daily Mile research

Shropshire Learning Gateway <https://www.shropshirelg.net/>

Shropshire's Great Outdoors <http://www.shropshiresgreatoutdoors.co.uk/>

Daily mile <https://thedailymile.co.uk/>

There are various research projects in the pipeline around the country looking at the effects and benefits of the Daily Mile.

The 'Coppermile project' (report summarized below) has already shown the difference the Daily Mile made not only to the children's health but also their behaviour and attainment.

Summary of the 'Coppermile project' report:

The Coppermile project is a partnership initiative between Coppermill Primary School based in Walthamstow, which has 300 pupils on roll aged 3 – 11 years old; and a playing field charity.

It came about as a response to the childhood obesity crisis and builds on the pioneering work of Elaine Wylie and the Daily Mile project at St Ninians Primary School in Stirling.

The three-month pilot project demonstrated how a simple low cost physical activity initiative can significantly improve the physical health and well-being of primary school pupils.

The school marked out a 340m grass track on the playing field and selected two classes from Year 5 and the Year 6 class for the pilot. The classes walked, jogged or ran the course for fifteen minutes three times per week.

Results:

Children performed up to **25% better** than their predicted grades in their SATS exams, and their average fitness percentile increased from 37% to **64%**, teachers reported that children appeared **more focused** in class and **more resilient** when completing tasks.

Healthy Outdoors for Schools

Pupil behaviour and classroom attentiveness:

Staff reported that throughout the Coppermile project the children appeared more focused in class and more resilient when completing tasks. This was particularly noticeable in some of the children who in the past, tended to show less resilience and motivation when faced with a challenge. Overall, there was a positive impact on the children's behaviour and improved energy levels and general well-being. The school believes that the Coppermile also contributed to excellent academic outcomes; overall the majority of pupils in both year groups made better than expected progress.

During SATs week all Year 6 pupils completed the Coppermile every day before sitting each test. The results they achieved, in meeting the end of key stage 2 expectations in all areas of English and maths, was **significantly above** the estimated Waltham Forest and national standards.

Expected standard - end of KS2 (Year 6)	Coppermill School	Waltham Forest	National
Reading	92%	65%	66%
Writing	88%	81%	74%
Maths	96%	76%	70%
Grammar/ Punctuation/ Spelling	96%	75%	73%

The Government's Childhood Obesity strategy (2016) recommends that all children should engage in moderate to vigorous intensity activity for at least 60 minutes every day.

At least 30 minutes should be delivered in school every day through active break times, PE lessons, extra-curricular clubs or other sport and physical activity events. The daily mile is one such initiative cited in the document as a way to achieve this target. The remaining 30 minutes should be supported by parents and carers outside of school time.

Given the extra funding for schools' sports that the recent levy on the soft drinks industry will create, the Government is keen that schools are supported as much as possible in how they spend the available funds for maximum impact.

During inspections, Ofsted assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this. Physical activity will be a key part of the new healthy schools rating scheme, and so schools will have an opportunity to demonstrate what they are doing to make their pupils more physically active.

In order to address this childhood obesity crisis there is a clear need to be innovative, provide safe places where this physical activity can take place and to work with schools: and this was the motivation behind LPFF (playing field charity) approaching Coppermill School to try something different.

Healthy Outdoors for Schools

CONCLUSIONS

This three-month pilot project has demonstrated how a simple low cost physical activity initiative can significantly improve the physical health and well-being of primary school pupils.

Looking further forward it was envisaged that in the long term the project could emerge as an effective means of maintaining a healthy weight, improving well-being and of having positive impact on academic achievement.

The introduction of a daily period of exercise, where pupils can perform at their own level and with no special clothing or equipment requirements, shows how easy it is to overcome the traditional barriers to participation in physical activity.

With encouragement from staff and peers, a significant number of children improved their fitness levels and the school reported improved behaviour and levels of academic attainment.

HF October 2017

Healthy Outdoors for Schools



We look forward to hearing from you and helping you to get your school out walking.

Helen Foxall

Walking Coordinator



Shropshire's Great Outdoors Strategy Board

11 Dec
2017

TITLE: Brexit and Access

Author: Mark Weston, Vice-Chair SGO Strategy Board

A Discussion Paper

The United Kingdom's departure from the EU presents an opportunity to model funding schemes for agriculture, which ensure that public money enhances land, whilst achieving maximum public benefit and promoting public wellbeing.

In a letter from the Minister to Richard Benyon MP, Michael Gove states, '*I am looking forward to working with industry and the public to develop new proposals that support agricultural industry as we leave the EU. Future funding for rights of way will also be discussed as part of the EU exit negotiations.*' So now is a timely moment for the Board to consider this matter.

One element of public benefit could be giving financial support to land owners who provide and or improve public access, whether paths or open access land. Such assets support local economies, and improve people's health, wellbeing and safety. Public access can help to connect those who use paths and those who own and manage the land, and presents an opportunity for people who access the land to better understand where their food comes from.

Any new funding scheme should include financial support for landowners who provide additional access or improvements to existing access.

Payments should be available for the provision of new access, either along defined paths or as open access to land, or both. It should be well publicised. It should be targeted and selective, with bids from landowners assessed against criteria, such as public demand, achievement of the objectives of the rights of way improvement plan, linking up existing routes, or improvement of safety (for example, enabling walkers and riders to avoid using roads, especially those which are busy, or have limited visibility).

Encouragement should be given for creating bridleways or restricted byways so that maximum public benefit is provided. The provision of circular off-road routes is of particular benefit for equestrians as they limit the amount of riding on roads. In the case of access land, there could be an increased number of access points, or additional access points provided across boundaries within the access area, and the provision of higher rights access on access land.

New access could either be permanent or permissive with funding reflecting the choice made.

Landowners are often in an ideal position to provide and carry out the tasks set out below, and could be funded for these, thereby enhancing access. For example, these could include:

- improvement in path widths,
- regularly mowing a headland path and preventing encroachment by vegetation,

- mowing and marking a path across grass leys,
- mowing, regrading and rolling green lanes,
- improving the accessibility of gates and stiles,
- additional or improved waymarking and signposting,
- providing higher rights (the difference in subsidy between footpaths and bridleways or restricted byways should be substantial to encourage upgrades where it is appropriate for all users).

Enhancements of existing access would be optional extras which land owners could elect to adopt. Standard annual payments would be paid per length of path adopted.

To receive grants, landowners that have existing rights of way on their land should ensure that all legislation is complied with, keeping paths clear of obstruction, reinstating them after ploughing etc.

Attached to this report are reports from Northumberland JLAF, Mid and West Berks Local Access Forum, British Canoeing and Canoe Wales, Countryside Matter Campaign.

Appendices

Appendix 1A- Northumberland JLAF

Appendix 2A- Mid and West Berks Local Access Forum

Appendix 3A- British Canoeing and Canoe Wales

Appendix 4A- Countryside Matter Campaign

Recommendations

The Shropshire's Great Outdoors Strategy Board are asked to discuss this paper and make recommendations for a submission to Defra and Natural England.

Dated 30/11/17

Northumberland National Park and County Joint Local Access Forum

Our vision for funding post-Brexit access to the countryside

The United Kingdom's departure from the EU provides an opportunity to re-model funding schemes, including for agriculture, to ensure that public money achieves maximum public benefit, promotes health and wellbeing and supports the wider rural economy.

The Local Access Forum has identified that there is an urgent need to separate vulnerable, non-motorised users from vehicles either by providing new multi-user routes (walkers, cyclists, equestrians and disabled people) on parallel alignments or funding diversions and creations. This would reconnect and deliver a non-motorised network easily accessible from where people live or from suitable car parks.

In Northumberland the network of public rights of way is supplemented by extensive swathes of open access land. However, for all users to be able to enjoy existing access to the full, it is necessary to make use of metalled roads.

The level of traffic, even on minor rural roads, is continuing to increase in quantity and size and, as a result, they are becoming unsafe for non-motorised users. This has led to the access network becoming more fragmented as people avoid routes that include busy roads or road crossings.

It is recognised that a well-connected public rights of way network is beneficial to physical and mental well-being as well as supporting the local economy, tourism and road safety. In these terms, investment in improving the access network provides excellent value for money.

Subsidies to landowners/ occupiers should be used to improve and expand the public rights of way network where needed to benefit the public who contribute to those subsidies. The required new links should be identified via the Rights of Way Improvement Plan and Local Transport Plan.

The Local Access Forum has a role in ensuring the new access is targeted, selective, based on demand, and acceptable to landowners/ occupiers as well as to all categories of non-motorised user.

We will be working with all relevant organisations to make better access routes, to and through the countryside, for those who live in and visit the most rural county of England.

Amanda Earnshaw
Chairman Joint Local Access Forum, Northumberland National Park & County
October 2017

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MID & WEST BERKS LOCAL ACCESS FORUM

PROPOSALS FOR PUBLIC ACCESS IN FUTURE FARM SUBSIDIES POST BREXIT.

We believe there is a need to improve and update public access to the countryside through mechanisms which benefit both the public and landowners /occupiers. Subsidies to landowners /occupiers should be used to create and reorganise the public rights of way network where needed. That is, public benefit will be provided for public money.

Our main proposal is:

that landowners /occupiers should be financially rewarded for creating off-road links (ie. new rights of way) to plug gaps in the rights of way network and to connect existing rights of way which can no longer be used safely because either the roads connecting them have become unsafe for non-motorised users or because the rights of way network has become fragmented by the building of new roads. The required links may have been identified in local authority Local Transport Plans or Rights of Way Improvement Plans.

New access needs to be well publicised, targeted, selective, based on public demand and be attractive to landowners / occupiers. Ideally the new access will be permanent.

We also support **additional proposals** listed in appendix 1.

We suggest that **new schemes are developed** based on the better aspects of previous schemes (Countryside Stewardship and Paths for Communities). See appendix 2.

BACKGROUND

The problem

In the area covered by the Mid & West Berks Local Access Forum, there is a good network of public rights of way in many parishes. However, metalled roads have often to be used to connect these public rights of way. These roads, which include minor rural roads, have become unsafe for non-motorised users because of increasing traffic levels. Hence the public rights of way network is, in practice, fragmented in many areas. This needs to be corrected by providing off-road links by encouraging landowners /occupiers with financial rewards. Examples are given in Appendix 3.

A local access forum under Section 94 of the Countryside & Rights of Way Act 2000, appointed by, and advising



Benefit of a well-connected public rights of way network.

The benefit of outdoor recreation in the countryside to physical and mental well-being is well recognized (Reconomics Plus¹). Our historic public rights of way network offers a facility to provide healthy outdoor exercise, free at the point of use, for a wide variety of recreational and utility purposes: walking; dog walking; jogging / running; horse riding; carriage driving; cycling; disabled rambling; orienteering; appreciating the countryside for its farming value, wildlife, history and archaeology. The network thus provides excellent value for money. It is also accepted that a well-connected public rights of way network supports local economies and tourism.

However, in many parts of the country with strong development pressures, the public rights of way network has, in practice, become fragmented because roads have become unsafe for non-motorised users. Users of the network are taxpayers and, as such, deserve practical compensation for the loss of the links in the network that have occurred over many decades of growth in vehicular traffic. Where local policies have identified a need, opportunities to secure off-road safe routes need to be taken. Landowners /occupiers need to be encouraged to help solve the problem by offering them suitable subsidies for new rights of way to re-connect and improve the network.

APPENDIX 1: ADDITIONAL PROPOSALS

1. Payment for improvement of existing public rights of way: greater width / mowing / regrading and rolling of green lanes / improving the accessibility of gates and stiles / additional or improved way marking and signposting /providing higher rights where needed and suitable.
2. Payment for provision of land for specific activities, such as 4x4 driving and dog walking, which adversely impact on public rights of way and the environment.
3. New access should benefit all non-motorised users, that is, pedestrians, cyclists and equestrians.
4. Payment for helping to maintain existing public rights of way, perhaps relieving local authorities of some expenses.
5. Improved existing cross-compliance and simpler regulation.
6. Consideration of reorganization of the network to suit current land use, perhaps in exchange for new paths, and particularly where existing paths go through sensitive or potentially dangerous areas such as farmyards and where there are dead end, unused or unsuitable paths.

APPENDIX 2: FUTURE SCHEMES

1. Schemes need to be developed which make public access attractive to landowners / occupiers and enhance the public rights of way network.
2. LAFs should be more closely involved to ensure new access is useful and provides best value.
3. Local authorities need to receive a financial award for the maintenance of new access and any other additional duties.
4. Previous schemes should be developed and improved eg. Stewardship access, Paths for Communities. There should be demonstrable public benefit. Schemes need to be better monitored than in the past - perhaps a role for LAFs or local authorities with payment?

¹ - see <http://www.sportandrecreation.org.uk/pages/reconomics-plus> published February 2017.

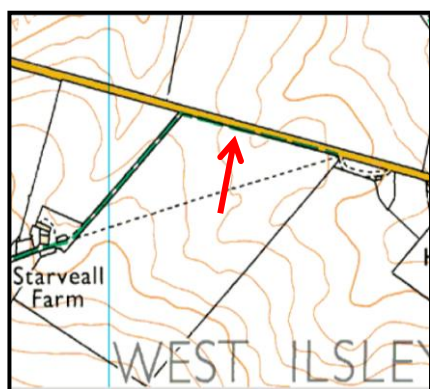
APPENDIX 3: EXAMPLES

Example 1:

The problem of missing links was recognised in 'Cyclists, pedestrians and equestrians: a summary of priorities for Highways England's Network' published January 2017 by Transport Focus². On the A35 near Winterbourne Abbas, Dorset, two bridleways emerge onto the A35 a few hundred metres apart with no provision to get between the two apart from using the carriageway. An off-road link alongside the A35 is required to enable the public to use the two bridleways.

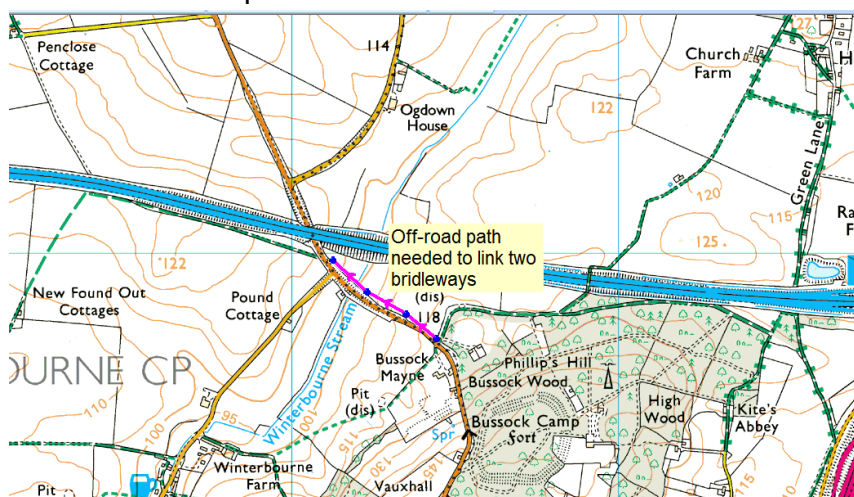
Example 2:

In West Ilsley, West Berkshire, a bridleway diversion for agricultural needs created an off-road link behind the hedge which keeps the public off the adjacent road. This concept needs to be developed by offering landowners / occupiers subsidies to create off-road links.



Example 3:

In Winterbourne parish, West Berkshire, the B4494 has become busy with fast traffic. An off-road path (in pink) is needed to connect the two bridleways (in green) to improve safety. The landowners / occupiers should be rewarded for this.



Further examples may be found in Rights of Way Improvement Plans. For West Berkshire, see the online map at on the Council website.

² <https://www.transportfocus.org.uk/research-publications/publications/cyclists-pedestrians-equestrians-summary-priorities-highways-englands-network/>

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Unlocking Potential

Since the EU Referendum a year ago the issue of the public policies which support our rural economy have been under much discussion. While the farming community has understandably been concerned about changes to vital revenue streams, there are also increasing calls to restructure subsidies to support countryside access and support the natural environment.

What new ideas have been suggested so far?

Conservation organisations have been particularly quick to examine the potential opportunities for subsidies to be reinvigorated, especially to encourage greater protection for the natural environment in our heavily managed countryside. The National Trust led the way with an initial seven point plan for post-Brexit subsidies. The Trust then partnered with WWF, RSPB and the Wildlife Trusts to produce a new five point plan.

Within the outdoor recreation community there have been calls to re-prioritise public money to help improve and protect public access. The Open Spaces Society and the Ramblers have suggested proposals to use subsidies to increase enforcement of current protections for Rights of Way and also to create new incentives to expand access.

It's great to see the new ideas coming from these organisations - but slightly disappointing that there is, so far, such little crossover between conservation and public access. Past initiatives, such as the coalition that prevented the sale of our forests, demonstrate that government is more likely to listen to a positive, inclusive approach to change.

We support efforts to reinforce subsidies to help improve both access to and conservation of our countryside.

Engaging the farming community

Farmers are concerned about what could be the biggest change to their industry in decades. In some areas subsidies provide a lifeline to farmers, leading to a variety of policy proposals from organisations representing our farmed environment. These range from calls to increase and re-target subsidies to calls for environmental protections to be reduced in response to threatened funding cuts.

We believe the protections for our environment and sustainable access should be strengthened, not cut. However, we must work with farmers to understand their concerns, and ensure the rural policy system of subsidies post-Brexit ensures such protections are a benefit to farmers and not simply a drain on their resources.

We will seek to develop our links with the farming community, to work towards policies which strengthen all stakeholders in our fragile rural economy.

What do we want to see?

We believe post-Brexit rural policy should recognise the need for public money to bring improved public benefits.

Despite the clear evidence for a General Public Right of Navigation (PRN) canoeists currently find their rights disputed on over 95% of our rivers. They also have limited access to most open water locations outside of the Lake District. We don't believe this is acceptable. In Northern Ireland and Scotland canoeists enjoy dispute-free access to most rivers and lakes, which we believe would work UK wide. Action is needed from Government to either confirm the existing General PRN or establish new legislation such as the Land Reform (Scotland) Act 2003. We support the current proposals being put forward by the Welsh Government's consultation, "Taking Forward Wales' Sustainable Management of Natural Resources". However, we believe rural policy can be also be tweaked to play a role in helping improve access for paddlers. This would help move beyond disputes on our rivers, supporting increased partnership work between conservation bodies, farmers and sporting organisations to support rural economies.



We call for the following actions to promote canoeing:

- Where rivers flow through land in receipt of public subsidies canoeists should enjoy their right to paddle along them without obstruction or challenge.
- The creation of new subsidies to incentivise farmers and other land owners to improve access to rivers, lakes or other waters. This could include: creating and maintaining portage or access facilities, providing car parking, maintaining the navigability of rivers (though this is rarely an issue for canoeists)
- Using public subsidy and grants to help ensure improved access supports new revenue for land-owners, especially where it can support traditional farming, conservation or communities. Examples could be grants to support the creation of camping, cafes or bunk houses.

We also recommend the following actions to build a new coalition to secure the future for our countryside:

- Increased partnership working between recreational and sporting bodies which use the natural environment.
- Improving the links between rural stakeholders, building on the potential for bringing benefits to all groups rather than acting in isolation.



- Matching our desire for improved access (especially the recognition of access rights) with a pragmatic approach to our responsibilities. Working with farmers, conservationists and other water users is essential to help us all build a strong, vibrant, sustainable approach to countryside management for all to enjoy.

What are we doing to work towards these aims?

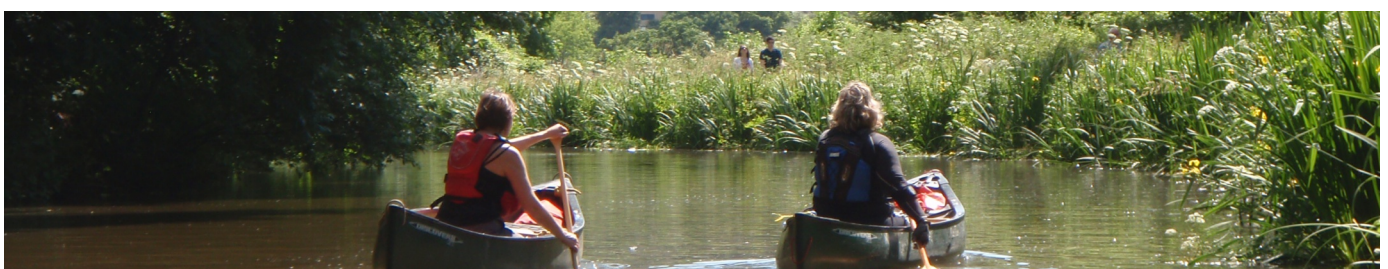
We are committed to significantly developing their engagement with government and other stakeholders. We will create more awareness of the access issues paddlers face and the many efforts the paddling community have made to, unsuccessfully, work for change at a local level. Our vision for post-Brexit public policy is just one way we can present a positive, inclusive, cooperative vision for increasing access to our rivers and lakes.



To do this effectively we are:

- Engaging with Government and statutory bodies across the UK in cooperation with our partners in the sports and recreation community.
- Building upon our links with other outdoor, recreational and sporting organisations, especially through our membership of Sport & Recreation, to ensure an effective and stronger voice rather than working in isolation.
- Continuing to build our links with conservation, farming and countryside organisations to develop solutions that work for all.
- Working with the paddling community themselves to help them raise awareness of these issues at a local, regional and national level.

For more information on our policies and activities regarding access and environmental issues, or to find out how you can get involved, please contact us at access@britishcanoeing.org.uk or environment-officer@canoe.wales



The Countryside Matters campaign

Supported by the Country Land and Business Association

Taken from <https://thecountrysidematters.org/>

If you believe in a vibrant, living and working countryside, then **you believe the countryside matters.**

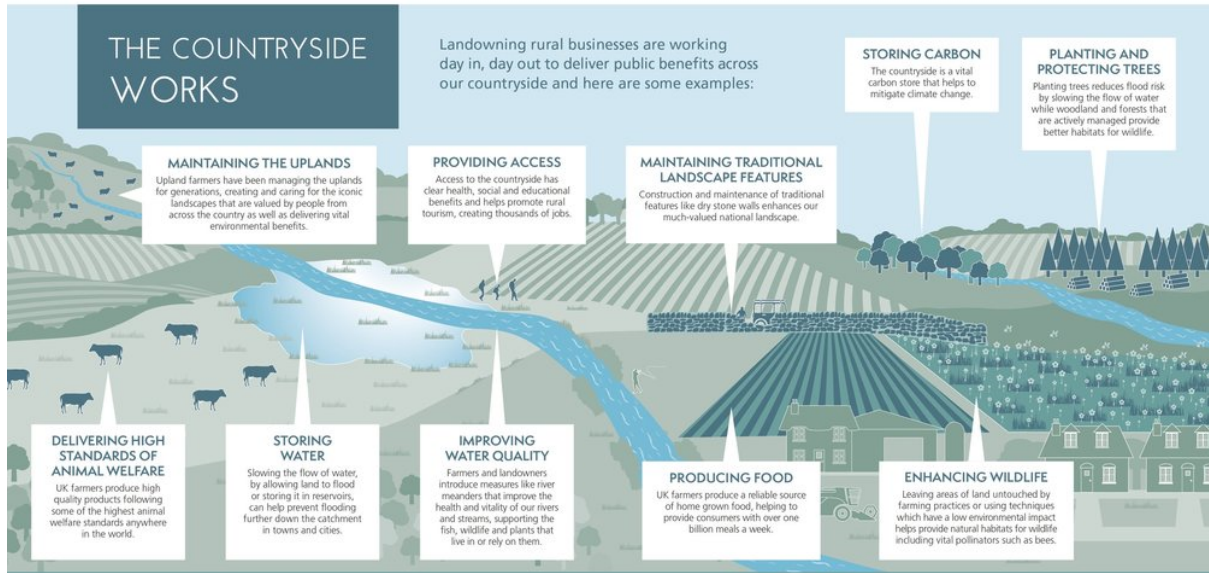


The Countryside Matters campaign is about demonstrating the significant public support there is for continued investment in our countryside, supplying affordable and nutritious food, promoting natural storage and cleaning of water and maintaining habitats for wildlife.

Once the UK leaves the European Union, it will be imperative that the Government treats farming, the rural economy and our landscapes as a spending priority. We can spend money in new

ways to deliver better outcomes for our economy and our environment.

We believe the countryside matters and is worth investing in today, tomorrow and for the long-term.





Shropshire's Great Outdoors Strategy Board

11 Dec

2017

TITLE: *Shropshire's Great outdoors Strategy progress*

Author: Clare Fildes

Contact details: clare.fildes@shropshire.gov.uk

1.0 Summary

This paper summarised the progress to date with the SGO Strategy and shows the timelines necessary or the draft document to be finalised by April 2018.

2.0 Progress to date

A thorough **review of the Countryside Access Strategy 2008-2018** has been completed and has been published on the Council's website:

<https://www.shropshire.gov.uk/media/6802/countryside-access-strategy-for-shropshire-2008-review-draft.pdf>

A **Working Group** has been formed:

- Alex Carson Taylor- Chair of Strategy Board
- Deb Hughes- Ex Head of Outdoor Partnerships
- Peter Carr- Ramblers
- Zia Robins- Riding and Carriage Driving Forum
- Trevor Allison- Ramblers and planning expertise

As part of the consultation, representatives from partner organisations have been asked to join this group, including:

- Patrick Edwards, National Trust
- Chris Mansell, Forestry Commission

If anyone else would like to be included on that group please let me know.

A draft plan and Rights of Way Network Assessment were circulated at the last Strategy Board meeting.

A set of **initial consultation questions** have been devised (appendix 1) and **one to one meetings or phone calls** have been conducted with:

- Ani Sutton, Canal and River Trust
- Colin Preston, Shropshire Wildlife Trust
- Pete Carty, National Trust
- Historic England
- Chris Mansell, Forestry Commission
- Phil Holden, Shropshire Hills AONB Partnership
- Stewart Pickering, GLAS

Online responses have been submitted by:

- Peter Carr, Ramblers
- Jack Tavenor, Strutt Parker
- Patrick Edwards, National Trust
- Simon Cooter, Natural England
- Sarah Faulkner, NFU
- Stewart Pickering, GLAS

I am expecting a more detailed response from Natural England and Shropshire Hills AONB Partnership before Christmas.

Consultation January to March 2018:

A partner workshop is planned for 23rd January to discuss the responses to this initial consultation and to draft vision, objectives and priorities.

The next meetings of the Walking Forums and the Riding and Carriage Driving Forum will all have a workshop session on the initial consultation questions.

As a result of this consultation and meetings with the Working Group a draft SGO Strategy will be drawn up to be published on line in April 2018. There will then be a 3 month public consultation period and three public events around the county.

A revised final draft will then be submitted to Cabinet to approve.

A summary of the timelines can be seen in appendix 2.

3.0 Priorities

The priorities identified through the review of the Countryside Access Strategy and the initial consultation are to:

Improve the physical provision of the outdoor network, where there is identified need. This may include;

- Master planning of new areas of housing allocation and commercial development to ensure the maximum benefits to the wider area- encouraging planned walking and multi-user routes into market towns along desire lines and the provision of new greenspace that is of benefit to people and wildlife
- Development of new Country Parks associated with disadvantaged areas, towns with significantly increased populations or to encourage visitors away from environmentally sensitive sites
- Development of more multi-user routes, including through publically owned sites
- Interlinking circular routes
- Better off-road cycling provision and marketing
- Increasing access around working farms e.g. fenced off 'rides' that enable people to experience the changing seasons and connect with farming
- Development of greenspace associated with visitor attractions and farm shops
- Improvements to the Definitive Map, including identifying Historic Routes for the 2026 deadline

Increasing the use of the outdoor network for health and wellbeing, embedding activities that help rehabilitate people with long-term health conditions as well as encouraging prevention. This could include:

- Increasing awareness of the benefits of outdoor space and activities to health and wellbeing and finding practical ways of delivering benefits for those most in need
- Support encouragement of active outdoor volunteering
- Walking for Health
- Outdoor activities
- Events and festivals

Developing better understanding between users and between users and landowners, to ensure people really enjoy a high quality outdoor network. Including:

- A public awareness campaign on the Countryside Code, legal responsibilities and multi-user respect
- Facilitating temporary closures where necessary for farming businesses and the diversion of Rights of Way where it benefits all parties
- Increasing understanding of farming and food production, heritage and habitat management
- Working with schools to increase outdoor education

Encouraging visitors to explore beyond the obvious- marketing less-used sites and activities away from ‘honey-pots’ to reduce visitor pressure on popular sites.

Taking an active role in influencing political agendas and implementing new laws, strategies and plans, through the Shropshire’s Great Outdoors Strategy Board.

Exploring fresh approaches to joined-up community based volunteering, including micro-volunteering and online opportunities to ‘chip-in’.

Securing more income generation through:

- Car parking fees introduced on Shropshire Council, National Trust and Natural England sites
- Development of new visitor facilities, events and activities
- Engagement with private sector and development of the principle of ‘Social Investors’

There were a number of specific projects mentioned, these include:

- Dudmaston Activity hub- National Trust
- Stepping Stones, habitat restoration project for Stiperstones, Long Mynd and Stretton Hills- Natural England and National Trust
- Verge management for wildlife
- Refurbishment of Cardingmill Valley tea rooms
- Development of old railway from Telford to Craven Arms

4.0 Issues and Barriers

The issues and barriers identified through the Countryside Access Strategy and initial consultations fall into a few key categories. These are:

- Lack of funding and capacity to address the growing demand for outdoor recreation and the quality expectations of those people using our outdoor network. Austerity measures in the public sector are putting increasing pressure on voluntary sector organisations to fill some of the gaps.
- Inconsistent provision of the outdoor network and anomalies due to the historic registration of routes on the Definitive Map and to the location of publically accessible greenspace, resulting in the outdoor network not necessarily corresponding to need, areas of disadvantage or significant centres of population.
- Impact of increased visitor numbers on environmentally sensitive sites. The fact that many of our most popular sites are also the most important for biodiversity can lead to damage to high quality habitats. This is likely to be exacerbated by increases in housing and population and if changes to Countryside Stewardship result in higher stocking rates, for example, on open access commons.
- Not enough joined up thinking. Whether this is in planning new commercial and housing developments, marketing the outdoors, key interpretation themes for Shropshire, educating a wide range of users or upskilling and co-orientating volunteers, opportunities are being missed and work is being duplicated between partner organisations and within different departments of the Council.
- Political uncertainty making forward planning more difficult. Whether this is the impact of Brexit on Local Authority funding, access and greenspace provision and rural development, the likely introduction of the Deregulation Bill or Government intervention through the 25 year Environment and Local Cycling and Walking Infrastructure Plans, future politician interventions are likely to have a significant impact over the next five years.
- Antisocial behaviour and the attitude of a minority of landowners and users of our outdoor network. Conflicts can occur between different types of users and between users and landowners where there is a lack of understanding and awareness of the law, the Countryside Code and the need for mutual respect.

5.0 Approach to writing the strategy

Shropshire's Great Outdoors will be developed to be a straight forward, easy to understand document. Following a review of the existing ROW Network and Country Parks and Heritage Sites each objective will set out as demonstrated in appendix 2B.

5.0 Recommendations

The Shropshire's Great Outdoors Strategy Board is asked to discuss progress to date, agree the general approach and make suggestions about future priorities for consultation.

6.0 Appendices

Appendix 1- Initial discussion with partners

The Shropshire's Great Outdoors Strategy will focus on the health, social, economic and environmental benefits of the publically accessible countryside network in Shropshire:

- Country Parks, heritage sites, nature reserves, other publically accessible countryside sites, forest with public access (excluding sports fields and local play areas)
- Public Rights of Way, permissive paths, open access land (including commons), cycleways not alongside roads, canal towpaths

This is a 10 year Strategy, a draft of which will be available for public consultation in April 2018.

At this stage we need to understand the work and aspirations of our partner organisations and networks. Could you please fill in a brief questionnaire about your current work and priorities for the future to help inform the development of the strategy?

1. What are your current priorities?
2. What's going well?
3. What barriers are you having to overcome?
4. What key areas of development/ priorities will you be working on in the next 5-10 years?
5. What major barriers/ challenges do you foresee?
6. What opportunities are there for partners to work better together?
7. Are there any key access/ site issues you are aware of?
8. Do you have or know of any evidence/ research we could include?
9. Any other comments?

Appendix 2: Shropshire's Great Outdoors 2018-2028 Timescales

Strategy	Activity	Responsibility	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	
Countryside Access Strategy 2008-2018	Draft review document circulate to ROW Improvement Plan Working Group	CF	Done																
	Consultation on review and priorities for next plan	CF		Done															
	Review document published	CF			Done														
Shropshire's Great Outdoors Strategy 2018-28	Assessment of the RoW network and strategic review	CF/ SB			Done														
	Review outline plan with SGO Strategy Board	CF				Done													
	Initial consultation with key partners-meetings and survey monkey	CF						Done											
	Analysis of findings	CF						Done											
	Mapping	RH																	
	Data analysis	Insight team																	
	Draft plan for workshop	CF																	
	Working Group meeting	CF																	
	Stakeholder workshop	CF																	
	Consultation with User Groups- Walking Forums and Riding and Carriage Driving Forum	CF																	
	Draft plan and statement of action	CF																	
	Working Group meeting	CF																	
	Publish draft Strategy	CF																	
	Public consultation on draft Strategy	CF																	
	Public consultation events	CF																	
	Completion of final draft Strategy	CF																	
	Sign off by full Council	GC																	
	Publish Final Strategy	CF																	
	CF= Clare Fildes																		
	SB= Shona Butter																		
RH= Richard Hammerton																			
GC= George Candler																			
CE= Chris Edwards																			

Appendix 3: Example approach to Shropshire's Great Outdoors vision and objectives

Shropshire's Great Outdoors 2018-2028

Inspiring action on countryside access and enjoyment of Shropshire's Great Outdoors

What difference will we make?

By the end of 2028, people will be happier, healthier and more prosperous by being better connected to Shropshire's Great Outdoors through a safe and cherished publically accessible outdoor network.

What are we trying to achieve?

- Happy- Encourage enjoyment of Shropshire's Great Outdoors by more people, of all ages and abilities.
- Healthy- Benefit the health of residents and visitors through increased physical activity and improved mental wellbeing.
- Prosperous- Promote opportunities to improve the local economy by sympathetic commercial use and development of the outdoor network.
- Connected- Bring people together within their communities to appreciate the potential and make decisions locally about their outdoor network and actively participate in its maintenance and improvement.
- Cherished- Conserve and enhance special places that are important for nature, heritage and people.
- Safe- Ensure Shropshire's outdoor network is safe and well maintained to meet statutory obligations and new opportunities now and in the future, within current financial restrictions.

How will we achieve this?

These will be achieved through effective:

- Management- maintaining and improving the natural and cultural assets of Shropshire's outdoor network of Right of Way, Country Parks and Heritage Sites
- Communication- providing information, interpretation and marketing
- Learning- improving education and skills
- Governance- ensuring strong and representative oversight, advisory bodies and monitoring

- External funding- bringing in income to increase the scope and impact of improvements to the outdoor network
- Partnership- working with landowners, users and other interested parties to achieve the best results
- Policy- ensuring other policies and strategies maximise the benefits of the outdoor network

Who will be involved?

Shropshire's Great Outdoors will be achieved by partnership working across a wide range of organisations and individuals, which includes:

- Statutory Authority- Shropshire Council
- Landowners- Shropshire Council, National Trust, Shropshire Wildlife Trust, Forestry Commission, English Heritage, Natural England, Canal and River Trust, farmers and other landowners
- Users- British Driving Society, British Horse Society, Byways and Bridleways Trust, Cycling UK, outdoor activity and equipment providers, Ramblers Association, Walking Forums, Riding and Carriage Driving Forum, Green Lane Association Ltd. and other user groups
- Volunteers working on the outdoor network
- Other interested parties- Historic England, LEADER Local Action Group, Marches Local Enterprise Partnership, Marches Local Nature Partnership, Open Spaces Society, Public Health, Rural Community Council, Rural Services Network, Severn River Trust, Shropshire Council, Shropshire Disability Network, Shropshire Hills AONB Partnership, Sustainable Transport Shropshire, Town and Parish Councils

Who will oversee delivery?

The Shropshire's Great Outdoors Strategy Board will oversee the delivery of activity and advise a wide range of organisations. The current membership of the Strategy Board can be seen in [appendix x](#).

Where will we be working?

Shropshire's Great Outdoors applies to the Local Authority area of Shropshire, England:

- Public Rights of Way, permissive paths, open access land (including commons), cycleways not alongside roads, canal towpaths, verges where relevant and stretches of road and pavement which link the above together
- Country Parks, heritage sites, nature reserves, other publically accessible sites, forest with public access

It does not apply to paid-for visitor attractions, urban and small scale greenspace or play areas.

Partnership working with representatives from adjoining areas will be included where relevant to the achievement of Shropshire’s Great Outdoors objectives.

How will we know we have succeeded?

The Shropshire’s Great Outdoors Action Plan will be monitored and reviewed annually and there will be a major review of the strategy after five years. The output monitoring is outlined for each of the objectives in the Priority section below and in more detail in the attached Action Plan (Appendix x).

A new 10 year plan will be published following a full evaluation of Shropshire’ Great Outdoors in 2027.

What are the priorities?

Objective

Happy- Encourage enjoyment of Shropshire’s Great Outdoors by more people, of all ages and abilities.

Key messages

- Being outdoors is fun
- Everyone can get into the Great Outdoors
- There are opportunities to increase access for all users

Strategy	Priority
Management	Ensure high quality management of the outdoor network, within current financial restrictions, seeking to renew popular promoted routes and secure external funding for new activity.
Management	Support the development of the canal network, including the reopening of the Montgomery Canal.
Management	Development and promotion of multi-user routes, improving connectivity of off-road routes, linking roadside verges and considering 20mph schemes for linking routes.
Management	Investigate opportunities to increase access and recreation on existing sites and develop new ones where appropriate.

Management	Seek to develop new multi-user routes along disused railways and support the Canal and River Trust to develop canal towpaths for all users.
Communication	Improve information and awareness of all ability and easier access opportunities across the outdoor network, seeking to develop new projects where possible.
Communication	Support Walkers Are Welcome towns, festivals and events through user forums, websites and social media.
Communication	Develop and promote the Shropshire's Great Outdoors membership scheme.
Communication	Further develop the Shropshire's Great Outdoors website and social media outlets.
Engagement	Ensure better engagement with disability network and groups to identify opportunities and get feedback on current facilities.
Engagement	Engage more with the cycling community, including mountain biking, to identify opportunities and address issues.
Learning	Publish new guidance for users in easy to follow booklet, along with user awareness campaign.
Learning	Engagement better with schools to encourage more school visits to the outdoor network
Policy	Develop a new Local Cycling and Walking Infrastructure Plan that encourages active travel and identifies desire lines and links between communities.

Outcomes

- More people will be enjoying Shropshire's Great Outdoors
- Provision for different types of users will be identified and better promoted
- More schools will be visiting the outdoor network

- People will be better informed about the outdoor network
- There will be better understanding between different user groups and more responsible use by all users

Monitoring and evaluation

- Website usage
- Social media coverage
- Membership numbers
- Visitor numbers
- School visits
- Attendance at events and festivals