

BUMS Off SEATS... NEWSLETTER

Fife Walking Initiative

Fife COUNCIL

WELCOME

The Bums Off Seats project is one of over 300 Health Walk providers in Scotland.

We currently have 17 walks as part of the project but there are discussions

of adding a walk in the Kincardine and Aberdour area plus expanding the number of evening walks in 2024 supporting more people to get out walking and wheeling in Fife.

We wouldn't be able to do this without the support of the 50+ Volunteers we have supporting the Bums Off Seats project and to you, we say Thank You.

Bums Off Seats team

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SAYING GOODBYE TO OUR WALK LEADERS

THANK YOU....



A massive thank you to Ronnie & Terry of Levenmouth area, Jenny Kirkcaldy area and Nordic, and Brian, Lochore Meadows, who have recently stepped down as walk leaders and have supported the walks across Fife for the last 10-21 years. Special mention to Terry who was the longest-serving Bums Off Seats walk

Leader and was volunteering with the project from the beginning. Thank you all for your help over the many years coming out in all weather and supporting the walks week in week out. We wish you all the best going forward, and we hope to still see you down at some of the walks.



CLAIRE HENDERSON
presented with her award from
Fiona Stalker & Nicola Sturgeon



LED WALKS FACTS AND FIGURES

- *17 regular walks per week in Fife*
- *54 walk leaders trained and support Bums Off Seats Project*
- *615 walks in total since start of January 2023*
- *267 new participants have joined this year (146 of the new participants said they joined the walks to meet new people, 165 of the new participants joined to feel healthier)*
- *7437 participants have joined in the 615 walks*
- *5 walkers have completed more than 100 walks each since January 2023*

WEST FIFE HEALTH WALK LEADER RECOGNISED FOR COMMUNITY EFFORT

Claire Henderson has doubled the size and frequency of Fife's evening walking groups and was named Health Walk Volunteer of the Year by Scotland's walking charity, Paths for All, at its 2023 awards.

Claire supports the Dunfermline Masterton & Inverkeithing evening walks and has plans to introduce another evening walk in the Dunfermline area from January

2024. Claire has built up a strong team with 5 other walk leaders supporting the evening walks and Claire has encouraged another 6 walkers to recently complete the walk leader training course. Claire, along with the other walk leaders also organised many social events with afternoon tea, quiz nights, boat trips, and Forth Rail Bridge there is something for everyone.

NEW WALKING TIMETABLES

The new walking timetable is being worked on just now with plans to introduce new walks and make some small changes to some of our current walks. If you have any routes you would like to be introduced or suggestions please let us know.

New walking timetables will be released April 2024.

DO YOU HAVE A TALE TO TELL?

We have a new section on the website on walker's stories and we are looking to find out how the walkers got involved in walking, what they enjoy about the walks and what would you say to someone looking to join a Bums Off Seats walk.

If you would like to have your story on our website to encourage others out walking, please let us know on the Bums Off Seats email.



bumsoffseats.project@fife.gov.uk

A WINNING WALKING STORY FROM OUR REGULAR PAT

Pat used to drop her granddaughter off at martial Arts training several times a week and instead of sitting around waiting for her Pat would go out walking and would go out on her own no matter the weather. Pat said she really enjoyed the fresh air and started to notice how good she felt.

From this , Pat decided to do some charity walks and completed the following :

2017 - One Million Step Challenge for Diabetes UK

2018-1000 mile challenge

2019 - 500 mile challenge

Pat completed the Race for Life on Sunday 14th May and here she is with her medal. Pat said there was the option to do the 3km, 5km or 10km and she said I went for the 10km and loved it, she said the buzz at the finish line was indescribable. Pat is already talking about entering the race next year and encouraging some of the other walkers to join too!

Pat joined the Bums off seats walks a year ago mainly for the company and said the benefits have been great . She has said "I have made amazing friends, the social interaction is great and walking has helped me maintain a healthy weight".



PAT PROUDLY SHOWING OFF HER RACE FOR LIFE MEDAL

**ACROSS**

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle ____"
10. Christmas tree
11. O. Henry's "The Gift of the ____"
12. What carolers do
15. French Christmas.
16. Snow glider

NEWSLETTER ITEMS NEEDED



The newsletter aims to keep walkers, walk leaders informed about Bums Off Seats project about its progress, successes and activities. It is a great opportunity for both walkers and walk leaders across Fife to share what is happening in their area.

If you have any items to be included in the Easter newsletter or if you would be interested in supporting with writing up the quarterly newsletter then please contact: bumsoffseats.project@fife.gov.uk



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