

**Press Release
19th April 2010**

Groundwork Celebrates the Success of Walkabout Flintshire

Groundwork in North Wales celebrated the success of their project Walkabout Flintshire on Monday 19th April 2010 at the Corus Sport & Social Club, Shotton. The event marks the ending of 3 years of Big Lottery funding for the project.

Groundwork has been running Walkabout Flintshire since 2004 providing free led walks for local communities with trained volunteers. The scheme was set up to encourage people to improve their fitness particularly working with people in poor health, those in areas of deprivation and those who do little exercise. The scheme has achieved some outstanding results in the last three years .

- Over 61,000 walks have been completed.
- Approx 185,000 miles have been walked in the last 3 years.
- 2723 new walkers joined the scheme since 2007.
- 280 volunteers have been trained to lead walks for their local community.
- 197 volunteers have received Heart Start training.

Mark Tami, MP for Alyn and Deeside and Councillor Arnold Wooley, Leader of Flintshire Council both spoke at the event about the success of Walkabout Flintshire and thanked the volunteers for their dedication and hard work. The future of Walkabout Flintshire has been secured due to a partnership between Flintshire and Denbighshire County Councils, each contributing £15,000 to maintain the existing walking programme and to develop new activities such as Nordic Walking. This support will be provided out of Loggerheads Country Park in Denbighshire.

Vanessa Griffiths, Executive Director, Groundwork in North Wales said ' Groundwork has been very proud to run and manage Walkabout Flintshire since 2004. This has been a really successful project involving many people from Flintshire and making a real difference to the health and wellbeing of the beneficiaries. I would like to thank all the volunteers for their hard work and wish them every success in the future'.

Rachel Cooper, Walkabout Flintshire Coordinator at Groundwork said 'Thank you to all of our wonderful volunteers who give so much back to their local community, I am delighted that the walks are going to continue'

Mark Tami MP for Alyn and Deeside said, "Walkabout Flintshire have led a huge number of walks in the county. Over 60,000 walks have been walked and these have helped improve the fitness of participants. The walks have also helped to bring people together in some fantastic environments. I hope Walkabout Flintshire continues to be a great success."

Councillor Arnold Wooley Leader of Flintshire County Council said,'

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Note to Editor

Groundwork in North Wales is part of a federation of over 40 Groundwork Trusts in Wales, Northern Ireland and England. Each Trust is both a charity and a company limited by guarantee.

Groundwork's mission is to enable all citizens, whatever their backgrounds and circumstances, to improve the quality of their own lives, through engaging them in physical environmental activities and community dialogue. The essence of the Groundwork approach is local action, working in communities, with public, private and voluntary sector partners, to achieve practical improvements.

Groundwork in North Wales receives funding from Local Authorities, the Welsh Assembly Government and other public and private partners.

Walkabout Flintshire

Groundwork have run and managed the Walkabout Flintshire project since 2004. The scheme encourages people to increase their fitness by joining health walks. Volunteers are fully trained to lead local community walks. Last year over 18,000 walks were completed and 100 trained volunteers helped to run the project. The project received Big Lottery funding from 2007 – 2010.

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