

Welcome to

Session 14:

Connecting People and Parks





Heart Foundation
Walking Park Walks

IUCN World Parks Congress 2014

National sponsor



State sponsor



Heart Foundation

Walking Park Walks

The Heart Foundation is Australia's leading Heart Health Charity

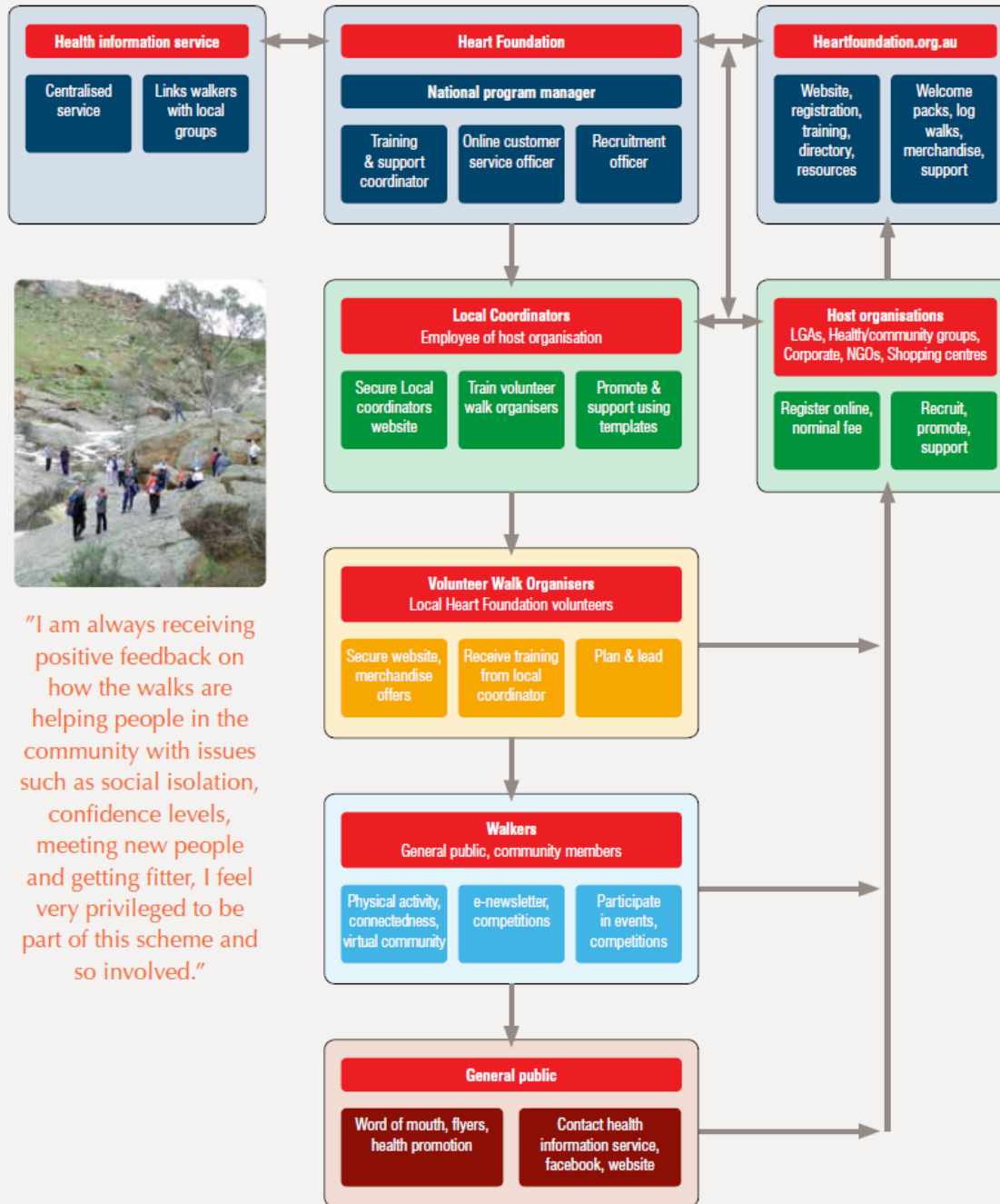
Nationally we have **314** Local Coordinators spread across **293** Host Organisations

There are **1906** Walk Organiser's who lead **1303** groups containing **20,009** participants

We have **1385** groups walking in **312** LGAs



Figure 1: The structure of Heart Foundation Walking



"I am always receiving positive feedback on how the walks are helping people in the community with issues such as social isolation, confidence levels, meeting new people and getting fitter, I feel very privileged to be part of this scheme and so involved."

Park Walks

Heart Foundation Walking Program Structure

Heart Foundation

Walking Park Walks

What is the HFW Park Walks Program

- The Heart Foundation Walking Park Walks is an extension of the Heart Foundation Walking program that supports Host Organisations and Walk Organisers to host walks in local natural environments including conservation parks, recreation parks, beaches and botanic gardens.
- Initiated in 2006
- Collaboration between the Heart Foundation and state based park services in SA, NSW, VIC and TAS



Heart Foundation

Walking Park Walks

How does the program work?

- Capacity building Local Coordinators
- Facilitating relationship building between Host Organisations and Park staff
- Developing schedules or dates for event walks
- Promoting the program locally to engage as many participants as possible



Heart Foundation

Walking Park Walks

Resources

- Guidelines for running Park Walks
- Poster/Flyer templates
- Registration forms
- Risk management
- Information resources to give away on the day
- Catering guidelines for those offering refreshments
- Media support for local promotion
- Templates for feedback
- Evaluation support

Participant comment

“Park walking has meant I have discovered new places and have been able to share my excitement with my group, and we have revisited many of the great walking tracks”



Heart Foundation

Walking Park Walks

Heart Foundation Walking and People and Parks Foundation

- Facilitating stronger links between Local Coordinators and parks staff and agencies
- Assisting LCs to develop sustainable Park Walk programs
- Developing new resources (kits, promotional materials)
- Broader promotion of HFW Park Walks
- Event support
- New skills and training for volunteer Walk Organisers to become local Park Walk leaders



More information

1300 36 27 87

walking@heartfoundation.org.au

www.heartfoundation.org.au/walking



www.facebook.com/HFWalking



@heartfoundationwalking

