

THE 2021 WELLBEING WALK

Resource



Prioritising Wellbeing



Sponsored by

**BURNS
GYM**



www.napa-activities.co.uk



WELLBEING WALK



+Contents



Me and
my carer are
going to walk
to the post
box



The NAPA Winter Wellbeing Walk 2021

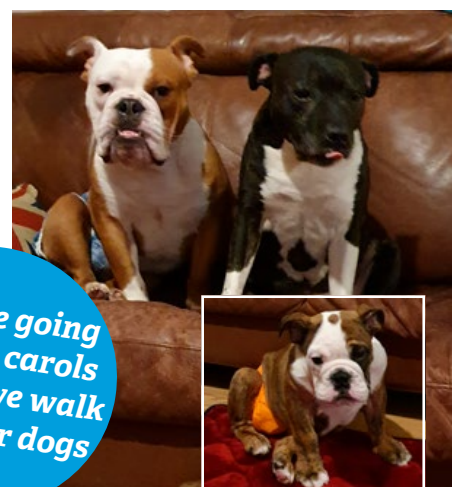
The NAPA Year of Moving and Grooving 2021 is a campaign to support the care sector to prioritise physical activity, with the aim of improving physical, psychological and social well-being.

Physical activities are defined as those activities that increase your heart rate and cause you to breathe more deeply and can include walking, cycling, gardening, music or dancing, as well as other sport and exercise-based activities.

The NAPA Wellbeing Walk is a sponsored walk with a difference! And the difference is you! There are lots of ways you can make the walk fun and personal to you! You can.... walk round the garden, along the promenade, up a hill, down a valley, dress up, take the dog, dance and skip, hula hoop..... whatever you fancy! We hope the walk will encourage our members and supporters to bring people together, keep fit and raise funds to support NAPA's work. Walking is good for you, it's fun, free, boosts mood, exercises the heart, and provides the benefit of fresh air.



We are going to sing carols whilst we walk with our dogs



I will be singing carols with my friends as I walk along Brighton beach in support of NAPA – If it is a cold day we will stop for a hot chocolate along the way! Now all I need are some comfortable wellies!

We love playing in the snow, so fingers for a sprinkling on the day so we can make a snow dog!

Gianna Burns – Communications and Fundraising Manager

On the 4th December we invite you to take part in The NAPA Winter Wellbeing Walk 2021. If this date doesn't suit you then choose another!

Hilary Woodhead,
NAPA's Executive Director

We are brothers Joe and Tony Burns, owners of Burns Gym. We deliver functional chair-based exercise classes to residents in care homes throughout the UK.

We are delighted to be working together with an amazing organisation such as NAPA! We are proud sponsors of the Winter Wellbeing Walk which will take place on December 4th. Walking is such an amazing activity, great for both physical and mental wellbeing. We have provided a few bits and pieces which you will see in this pack to get you ready for the big day, we hope you have a great time!!

BURNS
GYM

I will dance in the garden at dusk

NAPA fundraiser of the Year 2022:

At the annual NAPA Member Activity Awards Ceremony in October 2022, we will announce the winner of **The NAPA Fundraiser of the year Award**.

We would love to recognise a fundraiser who has developed creative activities that also support NAPA's work.

Gianna Burns, Communications and Fundraising Manager

Helpful Tips!

The award will go to an individual or team who have raised the most money for NAPA between September 2021 and September 2022. The winner will receive a special award and will be invited to attend the ceremony. All fundraising activity will be taken into account so if you fancy organising your own event or have your own idea then we would be delighted to support you, you can also look for inspiration in The NAPA Fundraising guide [Click here](#).

Getting started:

Tips and advice for organising your NAPA Winter Wellbeing Walk

- + Be creative and inclusive, recognise diverse abilities.
- + Choose a location, this could be a well know local walk, a walk round the garden or a walk on the beach
- + The success of your walk will depend on the route you chose – find a good route that your supporters will be able to do. Walking around the house might be enough!
- + If you'd like to plan a walk around town, why not organise a walk between different Care homes?
- + Consider different distances for your walk so some people can walk a shorter route. Also decide if your route needs to be buggy or wheelchair accessible for your walkers



Ask for help

- + Recruit a team of helpers to help promote your walk
- + On the day, you'll need volunteers to register walkers, lead the walk and someone to bring up the rear of the group
- + Ask for helpers so that you can provide drinks and snacks to your walkers - either on the route or afterwards!

We will kick the leaves at our feet

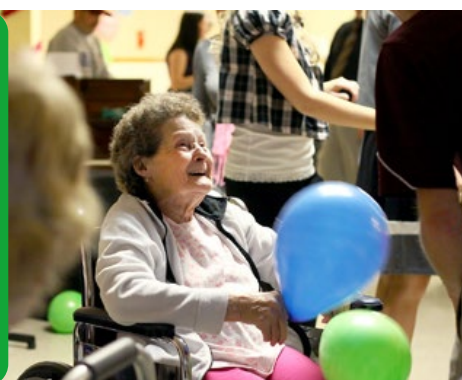
Set a target

- + Make sure everyone signed up has a sponsorship form so that they can do their own fundraising!
- + Use the NAPA collection boxes that are in this pack - just print them onto card
- + Set up a donation page for your walk so participants can collect online sponsorship
- + You could ask for an entry fee for the walk, especially if you are providing refreshments. Make sure the fee includes a small donation to NAPA!

NAPA fundraiser of the Year 2022: (continued).



Fundraiser 2022



Publicity

- + Spread the word that you are organising a sponsored walk for NAPA to encourage more people to join you and to raise awareness of NAPA's work. Include information and how to sign up and information about how to donate.
- + **Social media** - Mention your walk on facebook and twitter etc and ask all your participants to do the same, tweet as you walk and tag @NAPALivinglife
- + **Work** – find out if you can advertise your walk at work, ask for sponsorship on the intranet, website, newsletter
- + **Local Media** – we can send you a press release to share with your local newspaper, radio station etc
- + Let people know that the monies raised will be going to NAPA: e.g. 'By taking part in this sponsored walk you are helping NAPA to support the care sector to prioritise activity, arts and engagement'.

Make your event safe

- + Once you have your route planned, check with your local authority Safety Advisory Group to check if you need any permissions to walk through local parks etc
- + Let the police know about your walk as well so that they can advise you about any other events planned that day along your route
- + You will need to complete a risk assessment for your walk. Check our fundraising pages online for templates and if you need extra advice or help
- + Take a register of all your walkers before you set off.
- + Asking participants to sign up online through a free service like Eventbrite can be helpful, as you can then print off a tick list of walkers in advance
- + Take your register again at the halfway point of your walk and at the very end to make sure nobody has got lost!
- + If you have a lot of walkers, it can be helpful to give out numbers that they can attach to themselves with safety pins, or for everyone to try and wear the same colour clothing! You could also give a brightly

coloured umbrella to your walk leader to make them easier to spot.

- + Make sure you have a leader for the walk, someone bringing up the rear to make sure nobody gets left behind, and a first aider. If your walking route crosses roads, recruit some marshals to help out at these points.
- + Ask your walkers to bring water and sun cream with them and to wear waterproof layers and sensible shoes.
- + If you are serving drinks or snacks as part of your walk, make sure that you have checked [food.gov.uk](https://www.food.gov.uk) so that these are served safely

Optional extra's

- + Raffle prizes and tickets: approach local restaurants, shops and beauty salons to donate a meal, box of chocolates or beauty treatment
- + Quiz: To keep children occupied while you walk
- + Song sheets Have a singalong or dance as you walk
- + Refreshments: Cakes, Chocolates, drinks to sell



I am going to wear
my wellies and
jump in puddles!

Burns Gym are delighted to support the NAPA Winter Wellbeing Walk.

There are so many proven benefits when it comes to walking. Let's take a look into some of these benefits and understand how they can aid with our overall wellbeing, especially in such uncertain times.

Eases Joint Pain

It is a well-known fact that walking can ease joint pain. "Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them." (Harvard Health¹)

Boost Immune Function

Another great benefit to walking studies have shown, is a boost to immune function. "A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder." (Harvard Health²)

Strengthen Muscles

Walking is known to enhance muscle strength, balance and posture. This is especially beneficial if you lead a sedentary lifestyle. "Walking can help increase the range of motion which in turn will shift the pressure and weight from your joints to your muscles." (Arthritis Foundation³)

Social Benefits

Walking is a great way to combat social isolation. At a time where social contact has been taken away from many of the population due to the Coronavirus Pandemic, getting out for a brisk walk provides an opportunity to engage with other members of the community who are also out walking (socially distanced at the moment of course)



¹ Harvard Health Publishing. (2019). 5 Surprising Benefits of Walking. Available: <https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>. Last accessed 18th Feb 2021

² Harvard Health Publishing. (2019). 5 Surprising Benefits of Walking. Available: <https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>. Last accessed 18th Feb 2021.

³ Arthritis Foundation. (). 12 Benefits of Walking. Available: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/12-benefits-of-walking>. Last accessed 18th Feb 2021

⁴ WHO. (2020). Physical Activity. Available: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>. Last accessed 18th Feb 2021

World Health Organisation (WHO)

The World Health Organisation (WHO) provides guidelines and recommendations on how much physical activity is required for different age groups and specific populations. Please use the link below to access this information.

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>







The WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Walking is classed as a popular way to be physically active. The key benefits cited by the WHO in relation to physical activity are: Reduced risk of falls, improved bone and functional health, reduced symptoms of anxiety and depression, improved cognitive function, and improved sleep. (WHO⁴)

There are so many benefits to walking. A major benefit that we have experienced is the ability to clear the head for a few minutes. In such a busy world, there is something wonderful about getting some fresh air, enjoying some of the lovely scenery the UK has to offer and switch off for a brief period of time.



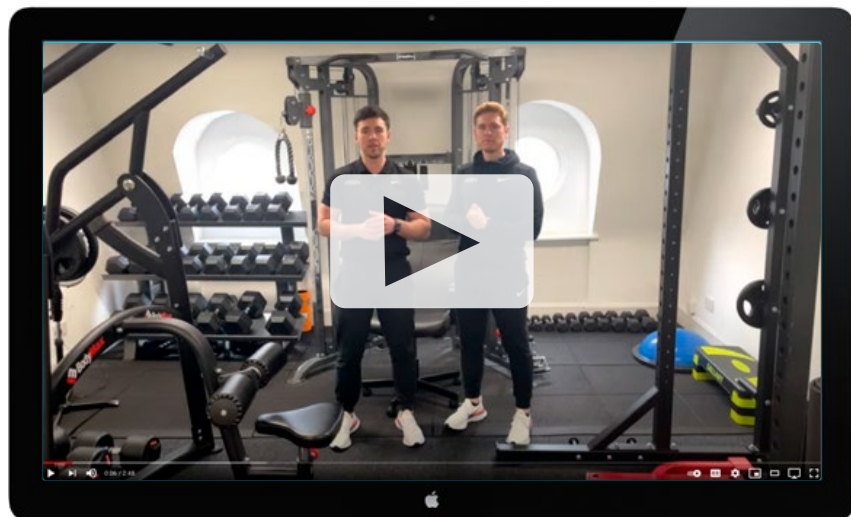
THE CARE HOME PT'S

WE DELIVER COST-EFFECTIVE VIRTUAL FUNCTIONAL CHAIR BASED EXERCISE CLASSES ON ZOOM TO ELDERLY CARE HOME RESIDENTS BUILT AROUND 35+ YEARS OF COACHING EXPERIENCE

 @burnsgym
 linkedin.com/in/joe-burns-6a7a6139
 linkedin.com/in/tony-burns-8287861a2
 www.facebook.com/burnsgym
 www.burnsgym.com
 @burns_gym



Exercise	Muscles Worked	Joints Worked	Benefits	Technique Tips
Raise the upper leg and hold it for 3 seconds while the upper leg is still raised extend the knee and hold it for 3 seconds and while the knee is extended bring the ankle up and down 5 times.	Quadriceps, Hamstring, Glutes, Calves, Tibialis Anterior (Shin), Abdominals.	Hip, Knee and Ankle Joints.	<ul style="list-style-type: none"> + Improved Balance + Improved Strength + Improved Agility + Improved Muscle endurance + Strengthens the Core 	<ul style="list-style-type: none"> Keep back straight against the seat Maintain a normal breathing pattern Keep the core tight (keep breathing. It's important not to hold breath)
Squat from armchair.	Quadriceps, Hamstring, Glutes, Calves, Tibialis Anterior (Shin), Abdominals.	Hip and Knee Joint.	<ul style="list-style-type: none"> + Improved Balance + Improved Strength + Improved Agility + Improved Muscle endurance + Strengthens the Core + Improved Arm Strength 	<ul style="list-style-type: none"> Keep the shoulders back and down at all times Breathe out on exertion (Breath out when you stand up) Keep core tight (keep breathing pattern going) Make sure the knees don't go past the toes when going into the seated position



Watch **Joe and Tony** demonstrate the exercises above

Resources for your walk

Did you know there are a range of editable resources available for you to use for your sponsored walk? You can request posters or sponsorship forms – just contact us and we will email them to you.



Send in your money



- + Pay in your funds online at our donate page – **here**, or send a cheque by post to the address below
- + Please use our QR code for those who want to donate directly. This can be scanned here or can be emailed to you.
- + Supporters can text to donate too:
To donate £1, text NAP3 to 70201
To donate £3, text NAP3 to 70331
To donate £5, text NAP3 to 70970
To donate £10, text NAP3 to 70191

Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org

- + Remember to include your sponsorship forms so we can claim gift aid!
- + Please include a brief note about how you raised your funds and ask for any extra thank you letters or posters as well
- + If you haven't already tweeted a photo of your sponsored walk to @NAPALivinglife, email one to **fundraising@napa-activities.co.uk** so we can see what you've been up to!
- + Please note: NAPA cannot accept liability for any loss, damage or injury suffered by you or anyone else as a result of taking part in your winter wellbeing walk. Please see the section on keeping your event safe.

To make sure your winter wellbeing walk takes place safely please follow the following guidelines:

- + Wrap up
- + Wear your wellies
- + Take a hot drink
- + Make sure your phone is charged and with you
- + Let people know where you are going and when you expect to be back
- + Take a torch if you are walking in the evening
- + Walk with a buddy
- + Pack a snack and some loose change



We are here to help you! If you have any questions, want to discuss your plans or ideas or simply want to request some digital bunting to decorate your walk, please don't hesitate to contact us.

If you have any questions please contact **fundraising@napa-activities.co.uk**.

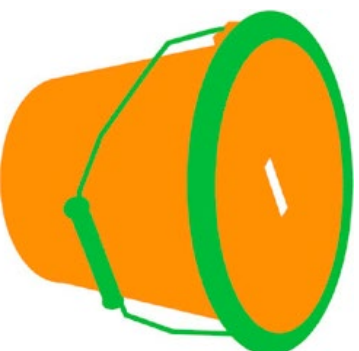
Thank you for supporting NAPA and good luck!

Thank you!

www.napa-activities.co.uk

We connect, signpost, encourage and
motivate those with an interest in
engagement, well-being and lifestyle

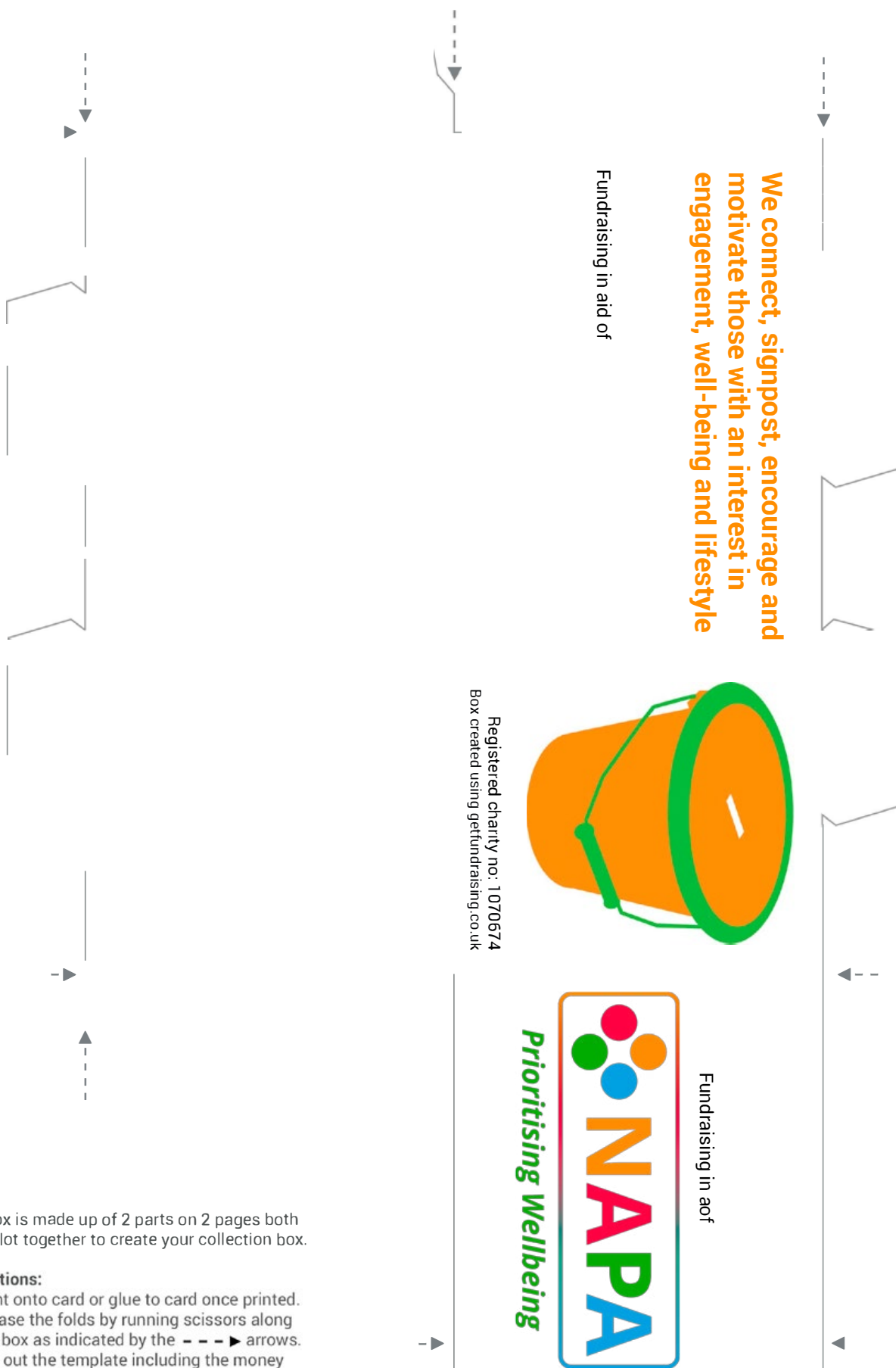
Fundraising in aid of



Registered charity no: 1070674
Box created using getfundraising.co.uk

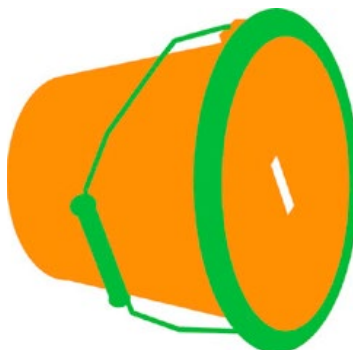
Fundraising in aid of





We connect, signpost, encourage and motivate those with an interest in engagement, well-being and lifestyle

Fundraising in aid of



Registered charity no: 1070674
Box created using getfundraising.co.uk



Fundraising in aid of

This box is made up of 2 parts on 2 pages both parts slot together to create your collection box.

Instructions:

1. Print onto card or glue to card once printed.
2. Crease the folds by running scissors along the box as indicated by the - - - ► arrows.
3. Cut out the template including the money slot and slits indicated by a solid line.
4. Fold and slot your box together.

Sponsored by

BURNS
GYM

ThE YEaR of MOVING aND GROOVING



*I'll be walking
in the winter
wonderland in
my wellington boots*

*We'll be singing
in the rain with
our rainbow
umbrellas*