Developing Inclusive Environments

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Who are PFA?

We are a Scottish charity established in 1996 from the SNH Enjoying the Outdoors Policy.
Our Partners
Our Strategy

Our vision

We want to create a happier, healthier Scotland where physical activity improves quality of life and wellbeing for all.

Our focus

We want to get Scotland walking:


We will work to improve physical, social and mental health for everyone.

We will promote everyday walking for everyone in Scotland.

We will work to improve the environment for people to be active, everywhere.

Our themes

Walking for health
We will increase how many people regularly join our led Health Walks. We will work with partners to develop projects promoting everyday walking.

Active environments
We will enable communities to create, maintain and promote safe, welcoming everyday walking paths and routes.

Active travel
We will increase the number of everyday journeys walked or cycled, through communications, support and partnership projects.

Communications and policy
We will increase the profile of the benefits of everyday walking and will be a strong voice advocating for policy which supports physical activity and walking.
Active Environments

• Technical Advice
• Development Officer Support
• Grant Funding
• Training
• Paths Skillz
• National Path Demonstration Site
• Best Practice Guidance
Active Travel

- Policy Work
- Advocacy Work
- Smarter Places
- Smarter Choices
- National Conference
• Website
• Twitter, Facebook, Instagram
• Vimeo
• Podcast
• Footnotes
• Publications/resources
• Team and org wide E news
• Volunteer Awards
• Expert Lecture
• Press/PR
• Working in Health and Care settings
• Strength and Balance
• Walking Football
• Dementia Friendly Walks
• Cancer Friendly Walks
• National engagement Campaign
Find a Health Walk
Dementia Friendly Walking Environments
Dementia Friendly Walking Groups
Care Settings
Workplace Walking

http://www.walkatwork.scot/
None of this happens in isolation – the wider context
National & International Guidance

Physical activity guidelines for early years (birth - 5 years)
Active children are healthy, happy, school ready and sleep better

Physical activity for children and young people (5–18 Years)

Physical activity benefits for adults and older adults

Physical activity for all stages of life

Make physical activity a part of daily life during all stages of life

6 out of 10 people in the European Union over the age of 15 never or seldom exercise or play sports

Every year in the WHO European region, physical inactivity causes an estimated 1 million deaths

WHO recommendations for moderate- to vigorous-intensity physical activity

Regular physical activity throughout the life-course enables people to live better and longer lives

www.euro.who.int/physicalactivity

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Policy links...

Walking connects to a range of policy areas including:

- Health & Wellbeing
- Sustainable Transport
- Road Safety
- Planning & Land use
- Environment (urban/rural)
- Tourism
- Recreation & access
- Urban/Rural Economic Development
- Disability and Equality
- Education/Lifelong Learning
- Climate Change
- Housing
- Sport
- Community Planning
- Early Years
- Volunteering

...can you think of a policy area you cannot link walking to?
Our National Walking Strategy

Our Vision:
A Scotland where everyone benefits from walking as part of their everyday journeys, enjoys walking in the outdoors and where places are well designed to encourage walking.
The National Walking Strategy
www.stepchangescot.scot
Strategic Aim 1

To deliver on creating a culture of walking where everyone walks more often as part of their everyday travel and for recreation and wellbeing.

Strategic Aim 2

To achieve better quality walking environments with attractive, well designed and managed built and natural spaces and places for everyone.
The National Walking Strategy cannot be delivered in isolation. It sits within the context of:

- **the National Performance Framework,**
- **the Active Scotland Outcomes Framework and Delivery Plan,**
- **the Public Health Priorities for Scotland** and
- **the Long Term Vision for Active Travel in Scotland** amongst others.
Let’s Get Scotland Walking: The National Walking Strategy for Scotland (NWS)

Our vision is for ‘A Scotland where everyone walks as part of their everyday journeys, places are well designed for walking and everyone enjoys walking in the outdoors.’

The NWS delivers on and is delivered by the Scottish Government’s National Performance Framework

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Globally competitive, entrepreneurial, inclusive &amp; sustainable economy</td>
<td>We are open, connected &amp; make a positive contribution internationally</td>
</tr>
<tr>
<td>We have thriving &amp; innovative businesses, with quality jobs and fair work for everyone</td>
<td>We are healthy and active</td>
</tr>
<tr>
<td>We tackle poverty by sharing opportunities, wealth and power more equally</td>
<td>We value, enjoy, protect and enhance our environment</td>
</tr>
<tr>
<td>We live in communities that are inclusive, empowered, resilient and safe</td>
<td>We are creative and our vibrant and diverse cultures are enjoyed widely</td>
</tr>
<tr>
<td>We grow up loved, safe and respected so that we realise our full potential</td>
<td>We respect, protect and fulfil human rights and live free from discrimination</td>
</tr>
<tr>
<td>We are well educated, skilled and able to contribute to society</td>
<td></td>
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</tbody>
</table>

The NWS delivers on and is delivered by the Scottish Government’s Active Scotland Outcomes Framework and Delivery Plan

‘Our vision is of a Scotland where more people are more active, more often.’

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>We encourage and enable the inactive to be more active</td>
<td>We encourage and enable the active to stay active throughout life</td>
</tr>
<tr>
<td>We develop physical confidence and competence from the earliest age</td>
<td>We develop physical confidence and competence from the earliest age</td>
</tr>
<tr>
<td>We improve our active infrastructure – people and places</td>
<td>We improve our active infrastructure – people and places</td>
</tr>
<tr>
<td>We support wellbeing and resilience in communities through physical activity and sport</td>
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</tr>
<tr>
<td>We improve opportunities to participate, progress and achieve in sport</td>
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</tr>
</tbody>
</table>

The NWS delivers on and is delivered by the Public Health Priorities for Scotland

<table>
<thead>
<tr>
<th>Priority</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Scotland where we live in vibrant, healthy and safe places and communities</td>
<td>A Scotland where we flourish in our early years</td>
</tr>
<tr>
<td>A Scotland where we have good mental wellbeing</td>
<td>A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all</td>
</tr>
<tr>
<td>A Scotland where we eat well, have a healthy weight and are physically active</td>
<td></td>
</tr>
</tbody>
</table>

The NWS delivers on and is delivered by Transport Scotland’s ‘Long-term Vision for Active Travel in Scotland 2030

‘Our vision is that ‘Scotland’s communities are shaped around people, with walking or cycling the most popular choice for shorter everyday journeys’
We encourage and enable the inactive to be more active

We encourage and enable the active to stay active throughout life

We develop physical confidence and competence from the earliest age

We improve our active infrastructure – people and places

We support wellbeing and resilience in communities through physical activity and sport

We improve opportunities to participate, progress and achieve in sport

Equality – Our commitment to equality underpins everything we do

https://www2.gov.scot/About/Performance/scotPerforms/partnerstories/Outcomes-Framework
Signposts key sources of information and evidence relating to walking, pedestrians and active travel

www.walkipedia.scot
Physical Health

Nan, Tomintoul Health Walk

"What a difference it has made.

I could hardly walk before as I was in so much pain."

#HealthWalks
"It has turned me from a non-person into a worthwhile person. It’s helped me, and I now help others."

Debbie, Volunteer Walk Leader
Social Health

'The group is a bit like walking as a team. I've got to know half the village community through this group. The refreshments at the end are especially welcome.'

Walk It Borders - Walker
Identifying users and understanding their needs
Inclusive design

Aims to remove the barriers that create undue effort and separation.

It enables everyone to participate equally, confidently and independently in everyday activities.
The Equality Act 2010

• The Act places general and specific duties on public bodies. More information about the Equality Act 2010 can be found at:

• The Equality Act aims to protect people from discrimination and promotes equality of opportunity.

• Under the Act, you are legally required to anticipate the needs of people with a disability or other protected characteristic, and to make reasonable adjustments to satisfy these needs.

Key elements of path design

Landscape ‘fit’ – the path should be unobtrusive in its landscape setting

Sustainable and fit for purpose surfaces – taking account of levels and types of path users and provide a relatively smooth, firm and dry surface
**Key elements of path design**

- **Adequate widths** – to cater for a range of users and enable them to travel and pass in safety and comfort.

- **Least restrictive access** – an obstruction-free path, catering for people of a wide range of ages and capabilities, insofar as practical and appropriate.
Key elements of path design

**Effective drainage** – to prevent surface damage, waterlogging and lateral spread resulting from users avoiding wet or muddy sections of path

**Appropriate signage and information** – to facilitate awareness of the path and encourage its safe and responsible use
Key elements of path design

Quality construction - high quality and to specifications

Effective maintenance – to maintain the path structure and amenities, avoid hazards and discomfort, and safeguard investment.

Your initial path design should seek to minimise future maintenance burdens
British Standards are not a legal requirement, but compliance with them is considered best practice.

- The minimum path gap width is now 1.1m.
- **Bridle** gates must be minimum clear width 1.525m
Least restrictive option

The principle of Least Restrictive Option requires that all work, whether planned work or ad hoc maintenance, meets the highest possible access standards for that piece of work.

It is an approach that helps raise the overall standard of access of a site, route or facility over time.
A gap should always be the first choice where a path crosses a boundary, and can be built into fences, dykes or hedges.

Leaving or creating an open gap at the start or end of a path is always the least restrictive option.

It is preferable to installing bollards, gates or barriers, all of which will restrict people’s movement.
A Gap

- A gap is **less restrictive** than a gate, which is less restrictive than a stile.
- When a **stile** needs repair or removal, the first option is to **replace it with a gap**. If this is not practical, it is replaced by a gate.
- The **last resort** is to replace the stile.
Countryside for all standards

The guide was produced to help disabled people and countryside access managers to recognise what countryside for all means and the tools and processes to work towards creating better countryside access

https://www.pathsforall.org.uk/resources/resource/countryside-for-all
Path Grading
Simple, concise & consistent

easy

easy

moderate

strenuous
Six part system

- Path name
- A description of the path
- A description of the terrain
- A difficulty symbol
- The distance
- The estimated time to complete the route
The aim is to give less experienced path users confidence to select the most appropriate path for them by providing simple, concise and consistent information.
<table>
<thead>
<tr>
<th>Grade Symbol</th>
<th>Gradient &amp; duration</th>
<th>Surface materials / Surface condition</th>
<th>Obstacles</th>
<th>Clear Width</th>
<th>Distance limits</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="https://via.placeholder.com/15/000000/ffffff?text=Easy" alt="Easy" /></td>
<td>Maximum 1:8 (or 12% or 7.1 degrees).</td>
<td>Generally a smooth, firm surface. Well drained and maintained with minimal loose material.</td>
<td>Minimal use of steps. Free of narrow gates or gaps and always itemised in Terrain Description.</td>
<td>Generally 1200 mm. Short sections (&lt;20 m) down to 900 mm.</td>
<td>Total distance of whole route must not exceed 5 miles / 8 km (return route to start point).</td>
</tr>
<tr>
<td><img src="https://via.placeholder.com/15/000000/ffffff?text=Easy" alt="Easy" /></td>
<td>May exceed 1:8 (or 12% or 7.1 degrees) for infrequent short sections (&lt;200 m) but generally no steeper than 1:8.</td>
<td>Earth or stone surface. Sections may be firm under foot. Generally well maintained but sections could be loose or uneven (&lt;50 mm height of roughness) or soft after rain.</td>
<td>Few obstacles. Sections of regular steps, gates and other minor obstacles mentioned in the Terrain Description.</td>
<td>Variable, largely down to 800 mm but with short (&lt;20 m) narrower sections</td>
<td>Total distance of whole route must not exceed 7 miles / 11 km (return route to start point).</td>
</tr>
<tr>
<td><img src="https://via.placeholder.com/15/000000/ffffff?text=Moderate" alt="Moderate" /></td>
<td>May have arduous climbs and steep sections. May include long steep sections exceeding 1:8.</td>
<td>A distinct surface but could be without major change to the existing ground. Could be rough and rocky and may have large (&gt;100 mm) loose stones. May have muddy sections.</td>
<td>Natural and other obstacles are likely including large or irregular steps, stiles or gates.</td>
<td>Frequently less than 800 mm.</td>
<td>Total distance may be greater than 7 miles / 11 km.</td>
</tr>
</tbody>
</table>

See Countryside For All Access Standards - http://www.fieldfare.org.uk/?page_id=48
Where to use the system

- Waymarked routes
- Not long distance or hill routes
- Usually presented in conjunction with a map
Dementia
What is Dementia?

Dementia is a group of progressive diseases of the brain that slowly affect all functions of the mind and lead to a deterioration in the person’s ability to remember, reason and concentrate.

It can affect every area of human thinking, feeling and behaviour.
What is the impact?

How many people in the UK are living with dementia?
Around 850,000 people. This will rise to 1 million by 2025.

How many younger people (under 65) are living with dementia in the UK?
Around 40,000 (Around 10% live in Scotland).

How many people in Scotland are living with dementia?
Around 90,000 people.

What is the cost of dementia to the UK economy each year?
£24 billion
Sensory Challenges

Dementia affects more than just memory.
Sight

People with Dementia:

• Can get double vision
• Their brains can’t interpret what they see immediately
• They can lose spatial awareness
• And dark objects such as shadows from parked cars can look like holes or puddles.
People with Dementia:

- Can be hypersensitive to certain tones and noises
- When overloaded with Information they can become socially isolated
- And they can also find that loud noises can bounce or ring around their heads.
People with Dementia:

• Have difficulties sensing the difference between hot and cold.
• Their taste can change affecting appetite and eating habits
• Smells can become intense and overpowering
• And in some cases their sense of smell can decrease.
Physical activity may bring many benefits for people with dementia:

- Improve heart health
- Improve memory and slow mental decline
- Improve confidence and mood
- Strong muscles and flexible joints
- Improve sleep
- Maintain independence for longer
- Reduced feeling of isolation with more social opportunities
Design principles for Dementia Friendly Environments

1. **Familiarity:** If the environment is familiar this makes it easier for people to find their way around.

2. **Legibility:** The environment should be easy for people to read and navigate.

3. **Distinctiveness:** Distinctive features capture people’s attention and help with spatial orientation.
• 4. **Accessibility:** People of all abilities should be able to reach the places they need or want to go.

• 5. **Comfort:** People should be able to use the space without discomfort.

• 6. **Safety:** People should feel safe using the space.
Short term memory and sensory challenges can all make it difficult to navigate the outdoor environment.

Maps, timetables and signs may become more difficult to interpret.
132 Dementia Friendly Walks
25+ Dementia Friendly Walk Leader courses

400+ Volunteer Walk Leaders and Coordinators trained
Paths for All is a Scottish charity. We want to create a happier, healthier Scotland, where increased physical activity improves quality of life and wellbeing for all.

Physical activity may bring many benefits for people with dementia.* These include:

- Improve the health of your heart and blood
- Reduce the risk of high blood pressure and heart disease
- Reduce risk of stroke and type 2 diabetes
- Improve physical fitness – strong muscles and flexible joints
- Improve sleep
- Improve confidence and mood
- Improve memory and slow down mental decline
- Reduce risk of osteoporosis
- Reduced feeling of isolation with more social opportunities
- Maintain independence for longer
- Increase self-esteem

For information about the Dementia Friendly Walking project, please contact us:

- t: 01259 218 888
e: dementiafriendly@pathsforall.org.uk

* Source: Alzheimer's Society

Paths for All Partnership is a registered Scottish Charity No. SC025535
Design for National Demonstration Site
New DF signage
About Kings Park
Kings Park is located between Stirling Castle & the city. It includes some 400 acres of natural forest and open parkland. Kings Park is a site of botanical significance and is an ideal site for all ages. It has the largest collection of native plant material in the southern hemisphere. The park features a range of indigenous plants and trees, including gums, wattles, and wattles, with many of the trees growing to immense sizes. The park is also home to a variety of wildlife, including koalas, kangaroos, and echidnas.

Things to do
Kings Park is an ideal place to relax and unwind. At the park, visitors can explore the various trails, which wind through the forest and provide scenic views of the surrounding area. There are also several picnic areas, where visitors can enjoy a meal or simply relax and enjoy the beautiful surroundings. Kings Park is home to a variety of wildlife, including many birds and butterflies, which can be seen throughout the park.

Places to eat
Kings Park is a great place to enjoy a meal. There are several cafes and restaurants located within the park, offering a range of food options to suit all tastes. Additionally, there are several picnic areas where visitors can bring their own food and enjoy a meal in the great outdoors.

Getting to Kings Park
Kings Park is easily accessible by car or public transport. There are several visitor centres located within the park, which provide information about the park and its facilities. Kings Park is also home to a variety of wildlife, including many birds and butterflies, which can be seen throughout the park.

Walks in Kings Park
There is a variety of paths throughout the park, providing a range of options for visitors to explore the different areas of the park. The walks vary in length and difficulty, making them suitable for all ages and abilities. Some of the paths lead to scenic viewpoints, while others take visitors through dense forests and open meadows. The paths are well-marked, making them easy to follow, and are suitable for walkers of all ages and abilities.

Kings Park is a wonderful place to visit, offering a range of activities and amenities to suit all tastes and interests. Whether you want to relax and unwind or discover the park's natural beauty, Kings Park has something for everyone.
After using the compost toilet

If you have only used the toilet to urinate, you do not need to follow these steps.

**Step 1**
Take a handful of wood chips from the tub above the toilet.

**Step 2**
Put the wood chips down the toilet.

**Step 3**
Close the toilet lid when you're finished.

Help us keep the toilet clean

- Please use the urinal provided or sit down on the toilet.
- Please put all sanitary products in the bin - not down the toilet.
- After using the toilet, clean your hands with the hand gel provided.

If there are any issues with this toilet please report them to an BWCC committee member.
Everyone

Everyone in Scotland can benefit from walking more.
Everyday

Walking is something you can easily do everyday.
Everywhere

Scotland is an amazing place to walk, wherever you are.
Thank you

Like us on Facebook
Follow @PathsforAll
Follow @stepchangescot
Follow @step_count

www.pathsforall.org.uk