

E1 Comprehensive resource packages

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Purpose

The purpose of this module is to provide the reader with a list of comprehensive resource packages that cover the range of elements necessary for the implementation of a successful walking program.

Introduction

The following major resource packages contain a mix of resource material that is relevant to a number of the elements of *Easy Steps*. These programs and resources are a comprehensive source of information for the development and implementation of walking programs. Where relevant, they are referenced briefly in Modules E.2 through E.5.

E1.1 *Beyond the Farm Gate*

Beyond the Farm Gate is a walking program, coordinated by the South West Sports Assembly and funded by VicHealth's Active Recreation Scheme. This scheme focuses on social interaction and mental and physical wellbeing of women in the south-west of Victoria who are geographically and socially isolated. *Beyond the Farm Gate* aims to overcome many of the barriers to walking through the formation of walking groups, improvement of health and health checks. The program rewards women for taking time out for themselves to participate in an easily accessible activity.

This program seeks to bring women together to create friendships and social interaction through participation in walking, which will improve their overall health, self-esteem, confidence and wellbeing.

For further information contact:

Sheryl Hutchins
South West Sports Assembly
Telephone: (03) 5561 1689
Email: swsa@standard.net.au

Further resources for this program can be found at <http://mc2.vicnet.net.au/home/btfg/web/info.html>.

E1.2 *The WellingTONNE Challenge*

The *WellingTONNE Challenge Kit* provides examples of strategies for the planning, design, and implementation of a walking program. The kit provides examples of strategies to demonstrate the benefits of walking, as well as strategies to encourage walking participation. Evaluation of the program was essential in measuring change and using the information gained to improve the program.

The Wellington Health Service can provide a *WellingTONNE Challenge Kit* to those interested in the program, or intending to set up their own challenge. The kit contains details on the Wellington experience as well as resources for further information. Copies of the document can be obtained by writing to:

National Mail and Marketing
PO Box 7077
CANBERRA ACT 2610

E1.3 *TravelSmart*

TravelSmart is a useful resource for planning and designing walking programs, and for promoting walking activities. The *TravelSmart* website provides toolkits for planning and designing walking programs for schools, workplaces, and special events.



The website also suggests useful strategies for promoting walking in schools and workplaces, and provides links to other programs that target these groups.

TravelSmart programs have now been established in most states (all except Tasmania and the ACT). The 'Government' page of the *TravelSmart* website <<http://www.travelsmart.gov.au/government/index.html>> describes briefly the initiatives undertaken in each state. It also links to state *TravelSmart* websites and contacts.

Toolkits for workplaces, universities and schools can be found on the *TravelSmart* site at <<http://www.travelsmart.gov.au/toolkits.html>>.

Contact details for the Queensland *TravelSmart* team are:

PO Box 673
Fortitude Valley QLD 4006

Telephone: (07) 3253 4006
Fax (07) 3854 1239

Email: pttravelsmart@transport.qld.gov.au

E1.4 Wet Tropics Walking Strategy

The *Wet Tropics Walking Strategy* is an excellent resource. It gives examples of planning and design, promotion, and monitoring and maintenance of a walking network. This 12-page document outlines the key principles for developing a walking trails network. The overarching principles include cooperative management, diversity of walking experiences, specific walking priorities, information education and promotion, asset management, the steps for managing individual walks, the track classification system, implementation and priorities

for the first year. Ongoing monitoring of visitor demand and impacts ensure the walking trails remain sustainable and suitable for the needs of walkers.

An important priority for this strategy was community engagement and the inclusion and involvement of important local stakeholders, especially the Rainforest Aboriginal people.

The document provides information on who and what was involved and the actions undertaken to achieve the principles.

The *Wet Tropics Walking Strategy* is available through <http://www.wettropics.gov.au/mwha/mwha_pdf/Walking%20Strategy.pdf>.

A summary document and a wide range of other resources are also available from the Wet Tropics website <<http://www.wettropics.gov.au/library.html>>.

E1.5 Looking Out for Pedestrians

Looking Out for Pedestrians was developed by VicRoads as part of the Victorian Government's *arrive alive! Strategy*. Part of the *Safe Roads Program*, the package was created with input from the Cities of Stonnington, Port Phillip and Bendigo.

The package (which includes a CD-ROM) provides outlines for campaigns aimed at different safety problems (e.g. seniors or young children). Campaign materials, such as news releases and articles, are included and can be easily localised.

Details can be found at <www.vicroads.vic.gov.au>.

The resource may also be obtained from:

VicRoads Head Office Administration
60 Denmark Street
KEW VIC 3101.

