

Braunton Companion Walks (Braunton Buddies)

Summary of the project

As part of the Natures Tonic project, Live Well in Braunton is running a pilot scheme with Braunton Caen Rotary and the local Social Prescriber to support people leaving their house for a gentle walk or on their first trip to the shops, following a period of isolation.

It is hoped this scheme will help start clients/walkers on a journey to happier more active life in nature.

The volunteer will accompany the walker on a series of walks, up to a maximum of 6. If the walker is able, it is hoped at the end of the scheme the walker will be transitioned to Walking for Health or to another activity group, continuing their journey to become active in nature.

This is a 12-week pilot, with interim case studies in October / November and the possible further recruitment and training of volunteers in November. **The final report will be available by the end of January 2022.** If the trial is a success, we hope to apply for funding to recruit volunteers from the community and role the project out in the first quarter of 2022.

Costs to deliver this project by Live Well in Braunton have been estimated below, as this is a pilot part of the final project evaluation will look at how accurate / realistic these estimates are – any shortfall will be met by Live Well and underspend will be ring-fenced to support any future Natures tonic projects:

	Development time (hours)	Cost
Project scoping	14	
<i>Initial meetings to work with Vista Wellbeing and other stakeholders, development of the process, risk assessment, outcome measures and creating relevant documents (e.g., referral forms, volunteer guides)</i>		
Vista Well-being training sessions	5	
Volunteer co-ordination - 1hr week during pilot	12	
Managing initial referral - 2hrs per client	12	
<i>E.g., receiving the referrals, working with the clients to agree outcome measures and completing] the paperwork.</i>		
Ongoing administration - 2hrs a week	24	
Interim report	4	
Final report and recommendations	4	
Total Hours development time @ £12 per hour:	75	£900.00
Expenses (Petrol and other expenses incurred by volunteers)*		£190.00
Total Costs:		£1,090.00

*Assumptions for expenses:

Expenses estimates based on 6 referees and 6 walks

4 walks to included refreshments (stopping for a rest and a cup of tea and a chat)

£132.00

3 potential car trips @ 0.45 per mile per client. No more than 6 miles round trip for a trip

£48.60

Volunteer Phone calls

£10.00

Total Cost:

£190.60

We will invoice for half the costs in October and the remaining half when the formal report is submitted in January 2022.