

# COMMUNITY BASED WALKING PROGRAMME

## OUR JOURNEY SO FAR

### I-PARC

I-PARC (Irish Physical Activity Research Collaboration) is a research programme supporting physical activity across communities in Ireland. In partnership with local partners and communities across Dublin, I-PARC has been working to support people in becoming more physically active by engaging with participants, practitioners, and stakeholders to understand what works, identify key challenges, and ensure the programme is accessible and easy to take part in



### STAGE 1

#### Programme selection

Twenty-one evidence-based programmes were reviewed by I-PARC and narrowed down to five suitable options.

- Through workshops with local partners and stakeholders, these were further refined to two programmes.
- Focus groups with participants informed the final decision, with the Community Walking Programme selected as the best fit for Dublin

### STAGE 2

#### Tailoring the programme:

I-PARC worked with a broad range of local partners and the local community to adapt the programme to suit the Dublin community.

Feedback from stakeholder workshops and participant focus groups helped to:

- Identify key programme components and delivery
- Identify key challenges (e.g. time, accessibility, confidence)
- Adapt when and how sessions are delivered to suit participants
- Tailor the Community Walking Programme to the Dublin context



## STAGE 3

### Implementing the programme:

I-PARC worked alongside Dublin City Sports and Wellbeing partnership and planned how the programme would be delivered and supported going forward:

- Deciding when and where sessions will take place
- Agreeing roles for programme delivery and support
- Planning session structure and delivery
- Ensuring feasibility and sustainability
- Establishing simple tracking measures (e.g. attendance and session records)
- Ensuring readiness for a smooth rollout

### PROGRAMME SPOTLIGHT

#### Community-Based Walking Programme:

A simple and accessible programme designed to support people in Dublin who are less active to become more physically active through regular, guided walks in their local area. It focuses on improving health, building confidence, and encouraging social connection.



### WHAT'S NEXT?



Dublin's community walking programme has launched, supporting increased physical activity within local communities in Dublin. We look forward to its progress and impact.

### THANK YOU

Thank you to all participants and partners for their involvement. I-PARC also thanks Dublin City Sport & Wellbeing Partnership (LSP) and Active Cities Dublin for their continued support and collaboration. This work is part of the I-PARC 2.0 project, funded by the Health Research Board (HRB) and Healthy Ireland

