

Welcome to Harrow Health Walks! We are delighted you will be walking with us. Our walks are friendly, safe, and accessible and everyone is welcome. **Please consider your own needs before you take part and if necessary, please seek medical advice before attending.**

By providing us with a completed form, you consent for this information to be added to the Upshot Systems CIC database. The security of your information and data is very important to us. Please see information related to our privacy policy at <http://www.harrow.gov.uk/wellbeingwalks>

1 Your Details

Please Print Clearly. *Required Information

Title			
Name*			
Email Address*			
Telephone			
Address Line 1			
Address Line 2			
City/Town		County	
Postcode*			

Would you like to receive regular updates on our walks and volunteer opportunities? You can opt out at any time

Yes, keep me updated

Contact by Email (via Upshot)	<input type="checkbox"/>	Contact by Phone	<input type="checkbox"/>	Contact by Post	<input type="checkbox"/>
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2 Your wellbeing and health

In the past week, on how many days have you done a total of 30 minutes or more of moderate to vigorous physical activity, which was enough to increase your breathing rate?

This may include sport, exercise, and brisk walking or cycling, but should not include housework or light physical activity that is part of your job.

0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days

What's your motivation for attending the walks?

Have you attended the walks in Harrow before?

Yes No

3 We'd love to hear from you!

Harrow Health Walks is passionate about improving our walks and understanding their impact to make them accessible to all. Would you be interested in taking part in future evaluation opportunities to help us do this? You can opt out at any time.

Yes, I would be interested in taking part

Contact by Email	<input type="checkbox"/>	Contact by Phone	<input type="checkbox"/>	Contact by Post	<input type="checkbox"/>
Happy to receive surveys via Upshot	<input type="checkbox"/>				

4 How did you hear about us?

GP/Health professional	<input type="checkbox"/>	Social Prescriber/Link Worker	<input type="checkbox"/>	Ramblers	<input type="checkbox"/>
Social Media	<input type="checkbox"/>	Harrow Council Website	<input type="checkbox"/>	Poster/Leaflet	<input type="checkbox"/>
Word of Mouth	<input type="checkbox"/>	Other	<input type="checkbox"/>		

5 Equalities and Monitoring

What is your age group?

18-24	<input type="checkbox"/>	25-34	<input type="checkbox"/>	35-44	<input type="checkbox"/>	45-54	<input type="checkbox"/>
55-64	<input type="checkbox"/>	65-74	<input type="checkbox"/>	75+	<input type="checkbox"/>		

What is your gender?

Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
Non-Binary	<input type="checkbox"/>	Intersex	<input type="checkbox"/>
Other	<input type="checkbox"/>	Prefer not to say	<input type="checkbox"/>

Is the gender you identify with the same as the gender registered at birth?

Yes No Prefer Not to Say

What is your ethnic origin?

Asian or Asian British	<input type="checkbox"/>	Black or Black British	<input type="checkbox"/>	Mixed or Multiple Ethnic Groups	<input type="checkbox"/>
White or White British	<input type="checkbox"/>	Other Ethnic group	<input type="checkbox"/>	Prefer not to say	<input type="checkbox"/>

Once completed, hand in to a Walk Leader or email to publichealth@harrow.gov.uk

Harrow Health Walks Privacy Notice

Why we need your information and how we use it

The information you give us will be used to manage the safe participation in our walks. By processing the data, we are able to monitor and evaluate how the walking groups benefit individuals and whether it has the intended effect. This also helps us understand how we can make the walks more accessible to everyone.

If you have agreed, we may contact as per your contact preferences about information we believe will be of interest to you such as programme updates, volunteer vacancies and evaluation opportunities. Additionally, we will contact you if a walk has to be cancelled due to severe weather or other issues.

Public Health Harrow is the data controller. This information is processed and stored by Upshot Systems CIC, a secure online database.

Whom your information may be shared with:

Your information will be stored securely by Upshot Systems CIC, who process the information on our behalf.

It may be necessary to share anonymised data with the Ramblers Wellbeing Walks (the organisation partnered with Harrow Health Walk to run the scheme) for the purpose of evaluation and reporting. You can find more details on the Ramblers privacy policy. Personal data will not be shared with any third party outside Harrow Health Walks except in the event of an emergency.

Anonymised data may be shared with the following in order to report the progress of the Harrow Health Walks:

Health and Wellbeing Board

How long we keep your information

All data will be retained until 2 years after your last attendance. You can ask us to remove your information at anytime by contacting us on publichealth@harrow.gov.uk. The data will be pseudonymised i.e. any personally identifiable data will be removed.