

## Walking Befriender Journal notes

- **We would like you to provide regular updates on how the walks are going**
- This can be typed/written on this page, email, recorded electronically (audio app on smart phone/tablet) and emailed to the co-ordinator
- This doesn't have to be an essay! – we just want to capture your observations, as it will help us to understand how successful/beneficial regular walks are for our clients and report back to Sport England – Thank you for all your efforts

**Name of Befriender:**

**Age:** (only needed on 1<sup>st</sup> record)

**Name of Client:** (only needed on 1<sup>st</sup> record, or if visiting more than one person on this project)

**Date of walk:**

**Time of day:**

**Length of time on walk:**

**Speed:** e.g. slow, moderate, fast - could they talk to you as they were walking?

**Location:**

**Weather conditions:**

**Any incidents/difficulties:** e.g. out of breath, had to stop regularly, did they feel unwell etc

**Client feedback or comments:**

**Befriender comments and observations Please consider, and add your thoughts:**

How was the client's mood?

happy/cheerful  energetic  content  excited  relaxed  other (please specify below)  
 sad/low  anxious  indifferent  tired  frustrated

Were you able to chat during the walk? If so, what topics did you talk about?  
(e.g. family, the local area, things you spotted on the walk etc)

Were they happy to go for a walk on that visit or did you have to persuade them to leave the house?

How do you feel the regular walks are going? Have you seen any changes in their ability/willingness to walk?

Have they mentioned about walking when you aren't there? E.g. do they go to the shops, pick up a newspaper etc – would they be confident walking on their own?

Any other comments?