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| **Innovation Lab****SUMMARY****PROTOTYPE** |
| Living healthy and independent lives in our local communities |

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| **Date** | **Venue** |
| 27th April 2017 | ODI Leeds, Munro House, Leeds |

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| **Name of solution** |
| Walk and Talk |

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| **Technologist’s name** |
| Stuart Lowe |

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| **Description of the solution***include group discussions, conclusions, URLs, links to GitHub etc.* |
| <http://odileeds.org/events/ldf2017/innovation-lab/walkandtalk/>Walk and talk would be a free, weekly, walk (1-2 miles) held every Wednesday at 11am in local communities. It would be led by volunteers and be a walking version of parkrun aimed at older people. It would also be open to other socially-excluded people (e.g. new parents) to add diversity of age and encourage connections/support across the community.We wanted to keep the technology requirements for participants to a minimum. Aside from an initial registration for a barcode, participants wouldn’t need any technology (and registration could be done by a friend with a printer). If participants have access to technology, they can be sent more information/reminders about upcoming events the weather, and what they’ve achieved. Information would be sent by, email, or via the website (the participant could choose which). The technology aspect would be in creating the back-end web server that showed where walks were, dealt with registrations, collected data about who walked, and sent results out. Walk and talk should encourage interaction during the walk and by, say, ending at a local café for people to chat and/or lunch. It will encourage activity in a social setting that is free and welcoming. The events should fit into a niche in the existing walk/run ecosystem acting as a stepping-stone to events such as Couch-to-5k and parkrun. It would also point people towards the existing, monthly, Age-UK walks. |

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| **Screenshots** |
| :Screen Shot 2017-05-24 at 13.25.10.png |