

Interested?

If you are interested in attending Walk Leader training or wish to find out more, please contact your local Walking for Health Coordinator:

Health and Social Care Trust	Name	Email
Belfast	Ben Hanvey	Ben.Hanvey@belfasttrust.hscni.net
Northern	Nicola Arbuckle	Nicola.Arbuckle@northerntrust.hscni.net
South Eastern	Wendy McDowell	Wendy.McDowell2@setrust.hscni.net WFH@setrust.hscni.net
Southern	Clare Drummy	Clare.Drummy@southerntrust.hscni.net
Western	Camilla Lowry	Camilla.Lowry@westerntrust.hscni.net

WALKING FOR
HEALTH



Walk Leader training course



Interested in becoming
a Walk Leader?



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net



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What is Walking for Health?

Walking for Health is a regional programme, supporting adults of all ages to be active to benefit their health and wellbeing. The interactive course provides volunteers and staff the opportunity to lead low level, fun, social and accessible walks, within the community.

Walk Leaders are key to the success of Walking for Health initiative and add to the preventative health agenda to support the public to be active. There are over 2,000 trained Walk Leaders across Northern Ireland with a range of walking groups across each Trust area.

What does Walk Leader training involve?

This is a half-day training course for adults who wish to learn how to lead a health walk. By the end of training, you will be able to:

- set up a local walking programme;
- lead safe and enjoyable walks for people of all ages and abilities;
- promote the health benefits of walking;
- motivate people to start and continue walking;
- understand the paperwork required to ensure valid insurance cover.

Leading walks can be a very rewarding role. Many trained Walk Leaders have been involved in the Walking for Health programme for several years and are extremely positive about the value of community led walks. The key benefits include:

- connecting with others;
- forming new friendships;
- supporting people to be more active;



- improving your own level of fitness;
- exploring new places and doing something worthwhile for your local community.

What is expected of a trained Walk Leader?

On completion of training, new Walk Leaders are expected to commit to leading a **minimum of 12 walks per year**. This can be with an established walking group, a newly formed walking group or as part of your work role. You will also receive support from your local Walking for Health Coordinator.

You will be expected to complete paperwork including a health walk questionnaire and register of people attending the walk and to support with the ongoing monitoring and evaluation of the programme by providing feedback on the number of walks delivered and benefits experienced by participants.