

Walk Leader Training 2025

**WALKING FOR
HEALTH**



Walk Leader Training

Date	Time	Delivery
Wednesday 19th February 2025 Wednesday 5th March 2025 Monday 24th March 2025	Arrive 9.45am Start 10.00am Finish 12.45pm	Girdwood Community Hub, 10 Girdwood Avenue, Belfast BT14 6EG

Facilitator:	BHSCT Health Improvement Physical Activity Team
Cost:	FREE. This course is funded by BHSCT Health Improvement Team & the Public Health Agency.
Pre-requisite:	<ul style="list-style-type: none"> • Be over the age of 18 years; • Be able to complete the full training; • Have a reasonable level of fitness to lead health walks; • All participants will be expected to be active as a Walk Leader and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity; • Provide details of your Walking For Health walking group across BHSCT area to the Health Improvement Team to be appropriately shared/promoted online. • Complete data collections twice per year. <p>PLEASE NOTE: By booking a place on Walk Leader Training, you are agreeing to all of the above.</p> <p>In addition for BHSCT staff:</p> <ul style="list-style-type: none"> • Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group); • Have line manager's approval to attend, if appropriate.
Description:	<p>Aim: To train adults to lead health walks in their local community or workplace.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • To understand the health benefits of walking; • To motivate inactive people to participate in health walks; • To develop Walking For Health programmes; • To plan and risk assess walking routes;

	<ul style="list-style-type: none"> • To lead safe and enjoyable health walks for people of all ages and abilities. <p>This is a basic level course which promotes low level health walks for adults who are inactive.</p>
Target Audience:	<p>Any adult wishing to set up a Walking For Health walking group as part of a work role or in a voluntary capacity.</p> <p>PLEASE NOTE: Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.</p>
Booking Details	<p>Please complete booking form link within email.</p> <p>Once booked, if you can no longer attend the training, it is your responsibility to cancel asap to ensure your place is re-allocated.</p>
At the Training	<p>Please wear appropriate clothes to go on a short walk. Tea & coffee will be provided. Please bring any other refreshments you need.</p>