



South Eastern Health
and Social Care Trust

Walk Leader Training Directory 2022/23

WALKING FOR
HEALTH



Health Development
Department

Walk Leader Training

Date	Time	Delivery
Wednesday, 6 th April 2022	9.30am-12.30pm	Via Zoom
Wednesday, 4 th May 2022	1.30pm-4.30pm	Via Zoom
Thursday, 9 th June 2022	9.30am-12.30pm	Via Zoom
Tuesday, 6 th September 2022	1.30pm-4.30pm	To Be Confirmed
Tuesday, 8 th November 2022	9.30am-12.30pm	To Be Confirmed
Tuesday, 28 th February 2023	9.30am-12.30pm	To Be Confirmed

Facilitator:	Wendy McDowell Walking For Health Co-ordinator
Cost:	This course is funded by SEH&SCT Health Development Department & 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 Walk Leader and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity; • Details provided for each Walking For Health walking group across SET area will be appropriately shared/promoted online via Health Development Department. • A minimum of 12 participants per training course. <p>PLEASE NOTE: By booking a place on Walk Leader Training, you are agreeing to all of the above.</p> <p>In addition for SET 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; • 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 & return to health.development@setrust.hscni.net Zoom link will be forwarded within course confirmation 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>

Dementia Friendly Communities Workshop (for trained Walk Leaders only)

Date	Time	Delivery
Thursday, 7 th April 2022	2pm-4pm	Via Zoom
Tuesday, 3 rd May 2022	10am-12noon	Via Zoom
Thursday, 1 st September 2022	10am-12noon	Via Zoom

Facilitator:	Wendy McDowell Walking For Health Co-ordinator
Cost:	FREE
Pre-requisite:	Be a trained Walk Leader (WFH training) A minimum of 12 participants per workshop
Booking Details	Please complete booking form & return to Jennifer.Gorman@setrust.hscni.net Zoom link will be forwarded within course confirmation email. Once booked, if you can no longer attend this workshop, it is your responsibility to cancel asap to ensure your place is re-allocated.