



South Eastern Health  
and Social Care Trust

# Walk Leader Training Directory 2024/25

WALKING FOR  
HEALTH



Health Development  
Department

## Walk Leader Training

Date	Time	Delivery
Monday, 8 <sup>th</sup> April 2024	1.30pm-4.30pm	St Patrick's Parish Centre, 29 Chapel Hill Lisburn BT28 1EP
Wednesday, 15 <sup>th</sup> May 2024	9.30am-1pm	Online via Zoom
Monday, 17 <sup>th</sup> June 2024	1.30pm-4.30pm	Ballynahinch Baptist Church, 24 Lisburn Road, Ballynahinch BT24 8BL
Tuesday, 23 <sup>rd</sup> July 2024	9.30am-1pm	Online via Zoom
Wednesday, 18 <sup>th</sup> September 2024	9.30am-1pm	Comber Leisure Centre, 15 Castle Street, Comber BT23 5DY
Wednesday, 26 <sup>th</sup> February 2025	9.30am-1pm	Online via Zoom

<b>Facilitator:</b>	Wendy McDowell Walking For Health Co-ordinator
<b>Cost:</b>	This course is funded by SEH&SCT Health Development Department & Public Health Agency.
<b>Pre-requisite:</b>	<ul style="list-style-type: none"> <li>• Be over the age of 18 years;</li> <li>• Be able to complete the <b>full</b> training;</li> <li>• Have a reasonable level of fitness to lead health walks;</li> <li>• 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;</li> <li>• Details provided for each Walking For Health walking group across SET area will be appropriately shared/promoted online via Health Development Department.</li> <li>• A minimum of 12 participants per training course.</li> <li>• Complete OBA data collection x2 per year.</li> </ul> <p><b>PLEASE NOTE: By booking a place on Walk Leader Training, you are agreeing to all of the above.</b></p>

	<p>In addition for SET staff:</p> <ul style="list-style-type: none"> <li>• Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group);</li> <li>• Have line manager's approval to attend, if appropriate.</li> </ul>
<p><b>Description:</b></p>	<p><b>Aim:</b> To train adults to lead health walks in their local community or workplace.</p> <p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>• To understand the health benefits of walking;</li> <li>• To motivate inactive people to participate in health walks;</li> <li>• To develop Walking For Health programmes;</li> <li>• To plan and risk assess walking routes;</li> <li>• To lead safe and enjoyable health walks for people of all ages and abilities.</li> </ul> <p><b>This is a basic level course which promotes low level health walks for adults who are inactive.</b></p>
<p><b>Target Audience:</b></p>	<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><b>PLEASE NOTE:</b>  <b>Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.</b></p>
<p><b>Booking Details</b></p>	<p>Please complete booking form &amp; return to <a href="mailto:health.development@setrust.hscni.net">health.development@setrust.hscni.net</a>  If appropriate, Zoom link will be forwarded within course confirmation email.</p> <p><b>Once booked, if you can no longer attend the training, it is your responsibility to cancel asap to ensure your place is re-allocated.</b></p>

