



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 th April 2024	1.30pm-4.30pm	St Patrick's Parish Centre, 29 Chapel Hill Lisburn BT28 1EP
Wednesday, 15 th May 2024 Cancelled due to low numbers	9.30am-1pm	Online via Zoom
Monday, 17 th June 2024	1.30pm-4.30pm	Ballynahinch Baptist Church, 24 Lisburn Road, Ballynahinch BT24 8BL
Tuesday, 23 rd July 2024 Cancelled	9.30am-1pm	Online via Zoom
Wednesday, 18 th September 2024	9.30am-1pm	Comber Leisure Centre, 15 Castle Street, Comber BT23 5DY
Tuesday, 22 nd October 2024	1.30pm-4.30pm	Ballynahinch Baptist Church, 24 Lisburn Road, Ballynahinch BT24 8BL
Wednesday, 26 th February 2025	9.30am-1pm	St Patrick's Parish Centre, 29 Chapel Hill Lisburn BT28 1EP

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. • Complete OBA data collection x2 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 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.
<p>Description:</p>	<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>
<p>Target Audience:</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>PLEASE NOTE: Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.</p>
<p>Booking Details</p>	<p>Please complete booking form & return to health.development@setrust.hscni.net If appropriate, 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>

