**Walk Leader Training
Thursday 21 October 2021
10am-12.30pm Via MS Teams**

This one day training will equip those attending with the skills necessary to promote and lead safe and enjoyable walking sessions for people of all ages and abilities.

This Training involves:

* The rationale of health walks
* The importance of exercise in relation to physical and mental health
* Leading a walk
* Safety issues and necessary forms that need to be filled in
* Motivating and encouraging people to take up walking as a form of physical activity
* It is expected that those who complete the training will be influential in leading walks in their local areas. This training is available to anyone ages 18 or over and training is free.

Please note this is a basic level course which promotes low level health walks for people who are inactive.

All participants will be expected to be active as Work Leaders within two months of attendance and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity.

*Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.*

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| --- | --- |
| NAME: |  |
| CONTACT NUMBER: |  |
| EMAIL ADDRESS: |  |
| POSTAL ADDRESS (for resources): |  |
| Who will you be providing walking programmes for (ie workplace, community, organisation you volunteer for): |  |

Following successfully completion of the Walk Leader training you will be added to our ‘Walk Leader Community’ mailing list which allows the Belfast Trust Health Improvement Team to contact you via email with further walking and physical activity information, resources and funding opportunities.

Please tick to show you are happy with this: [ ]

Please tick that you are over 18 years of age [ ]

Please email this form to: vivien.lovell@belfasttrust.hscni.net by 12pm on Tues 19 October 2021.

A link & instructions of how to access the course online will be emailed on **Wednesday 20 October 2021** (Please also check your junk mail folder). As numbers are restricted, you may be placed on a waiting list.