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**Walk Leader Training 2024**

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**Walk Leader Training**

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| **Date** | **Time** | **Delivery** |
| Wednesday, 28th February 2024 | Arrive 9.45am Start 10.00amFinish 12.45pm | Girdwood Community Hub, 10 Girdwood Avenue, Belfast BT14 6EG |
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| **Facilitator:** | BHSCT Health Improvement Physical Activity Team |
| **Cost:** | FREE. This course is funded by BHSCT Health Improvement Team & the Public Health Agency. |
| **Pre-requisite:** | * 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 be appropriately shared/promoted online.
* Complete data collections twice per year.

**PLEASE NOTE: By booking a place on Walk Leader Training, you are agreeing to all of the above.**In addition for BHSCT staff:* 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.1
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| **Description:** | **Aim:** To train adults to lead health walks in their local community or workplace.**Learning Objectives:*** 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.

**This is a basic level course which promotes low level health walks for adults who are inactive.** |
| **Target Audience:** | Any adult wishing to set up a Walking For Health walking group as part of a work role or in a voluntary capacity.**PLEASE NOTE:** **Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.** |
| **Booking Details** | Please complete booking form link within email. **Once booked, if you can no longer attend the training, it is your responsibility to cancel asap to ensure your place is re-allocated.** |
| **At the Training** | Please wear appropriate clothes to go on a short walk.Tea & coffee will be provided. Please bring any other refreshments you need. |