

Walk Leader Training 2026 & 2027

WALKING FOR
HEALTH



Walk Leader Training

Date	Time	Venues
Monday 29 th June 2026	Arrive 9.55am	June Course Clady Building Knockbracken Health Care Park
Tuesday 8 th September 2026	Start 10.00am	Saintfield Road, Belfast BT8 8BH
Tuesday 2 nd March 2027	Finish 12.45pm	Sept / March Courses Girdwood Community Hub, 10 Girdwood Avenue, Belfast BT14 6EG

Facilitator:	BHSCT Health Improvement Physical Activity Team
Cost:	FREE. This course is funded by BHSCT Health Improvement Team & the 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 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 appropriately shared/promoted online. • Complete data collections twice 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 BHSCT 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>
<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 link within 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>
<p>At the Training</p>	<p>Please wear appropriate clothes to go on a short walk. Tea & coffee will be provided. Please bring any other refreshments you need.</p>