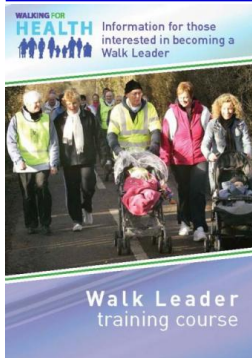


Wednesday, 07 March 2018

## [Health and Social Wellbeing Improvement](#)



The Walking for Health programme was established in 2001 and continues to be an integral part of Government policy to address the health and wellbeing of the population in Northern Ireland. The programme is delivered through HSC Trusts across Northern Ireland and is supported by the Public Health Agency. Walking for Health aims to encourage inactive people to increase their level of physical activity by participating in local led health walks.

Walk Leaders are key to the success of Walking for Health in Northern Ireland and they have a unique and valuable contribution to make to health improvement, complementing the work of Health and Social Care staff. There are currently around 1,500 active Walk Leaders supporting 250 Walking for Health groups throughout Northern Ireland.

- The training manual supports the one day Walk Leader course and covers the issues a Walk Leader would need to know to plan, organise and deliver safe and effective health walks.
- The leaflet gives some basic information on the Walking for Health programme and the Walk Leader training course.
- The role description gives specific details on all aspects of a Walk Leader's role, including tasks and duties, walk locations, training and support, supervision and accountability.
- The poster is used by Walk Leaders to advertise the health walks they take in their area. It allows members of the public to contact the Walk Leaders directly, giving them a chance to ask any questions they may have.
- The cue card acts as a checklist for Walk Leaders to ensure they follow all the appropriate safety procedures and other guidelines for each health walk they take.

- This certificate is awarded to all those who successfully attend Walk Leader training.

All Walk Leaders are provided with training updates, networking opportunities, and advice and support on establishing, promoting and running a successful walking group.

## Details

Format

Various formats

Target group

General public and people training to be Walk Leaders

## Downloads

Attachment	Size
<a href="#">Walking for Health cue card 01 18.pdf</a>	1.42 MB
<a href="#">Walking for Health manual 01 18.pdf</a>	890.62 KB
<a href="#">Walking for Health training course leaflet 01 18.pdf</a>	1.55 MB
<a href="#">WfH volunteer leader role 01 18.pdf</a>	1.57 MB
<a href="#">Walking for Health poster 01 18.pdf</a>	1.36 MB

## Tags

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