

Walking for Health Training

Refresher Walk Leader Workshop

Course Overview: A half day workshop for Walk Leaders who did their original training 2+ years ago. The workshop is designed to refresh and reinforce the key elements of leading a community Health Walk, and it introduces some new ideas and will bring you up to date with physical activity evidence. It also gives you the opportunity to meet up with other Walk Leaders and share ideas.

Learning Outcomes:

- Be reminded of the key components of a Health Walk and the main benefits to be gained from becoming more active
- Understand current physical activity guidance in the “Start Active, Stay Active UK guidelines” and explore physical activity requirements for different age groups
- Increase your understanding of active ageing including why strength and balance is important
- Explore the issue of pace: have you got it right for your walkers? If not, work out how to better manage pace on Health Walks
- Identify the range of roles and responsibilities of Volunteer Walk Leaders within an established Walking for Health project

Who it’s suitable for: Walk Leaders who were trained 2+ years ago and who would like to refresh their skills and knowledge.

Course Materials: Walk Leaders who attend will be provided with course materials free of charge including a certificate of attendance, a Walk Leader manual, Walk Leader Cue Cards, a Health Walk Agreement card, a Strength and Balance leaflet, a Ramblers leaflet and a “thank you” gift to reward you for all your volunteering work with your project.

Duration and location: A half day workshop delivered in your local area. This course is held mostly indoors with an opportunity to go outside to practice the skills learned on the day, so please come dressed appropriately.

Price: To book your own course, delivered by our freelance trainers for up to 20 people, £350 (half day). If you are just looking for 1 or 2 places on a course, please check our training calendar for courses and prices. If you can’t find what you’re looking for, please contact us.

Organise this course for your Walk Leaders: For more information or to book a course please contact training@pathsforall.org.uk or call Marion Munro on 01259 222336

www.pathsforall.org.uk Tel: 01259 222336

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“Good to recap. You sometimes go stale and so it is also good to find out how other walks operate. A chance to air views and address problems and how to remedy them. “

“All walk leaders and coordinators should attend this course.”



“A good course that made me realise I have the pace right for the majority of walkers, but not necessarily for new walkers who might not be so active. I now know that we need to introduce more short walks for unfit/inactive walkers”



FOR A HAPPIER,
HEALTHIER SCOTLAND

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