

Course Overview:

This course is designed for Health Walk Leaders who would like more knowledge and skills in leading welcoming and inclusive Health Walks for people of all abilities. The course is made up of two parts; an e-learning module and a follow-up classroom session.

This course aims to increase confidence in supporting the inclusion of people with disabilities, impairments and long-term conditions in Health Walks. The focus is on ability rather than disability, and it aims to help participants to influence and deliver good practice, to communicate effectively, and to find out where to go for further information. The course is delivered by expert trainers from Scottish Disability Sport.

Learning Outcomes: After attending this course, participants will:

- Be able to recognise the influence of perceptions and experiences
- Be able to identify potential challenges to participation and possible solutions
- Appreciate the importance of effective communication
- Feel more confident about including people of all abilities in Health Walks
- Be able to identify sources of additional information and further support

Who it's suitable for: Trained Walk Leaders, volunteers and staff from organisations that provide Health Walks and are members of the Scottish Health Walk Network (SHWN). We recommend that all Walk Leaders from a Health Walk project take part in this course to enable inclusive practice across the programme.

Course Materials: Scottish Disability Sport will send joining instructions for the e-learning and follow up classroom session by email on confirmation of a booking. A certificate is issued on completion of the course.

Duration and location: This course is made up of two parts:

- **E-learning:** completing the e-learning takes up to 1.5 hours. It can be done in several stages or completed in one session.
- **Follow up classroom session:** This takes up to 3 hours and can be delivered **online or in-person** at a local venue of your choice. Participants on either session will go outside during the course, so please come dressed appropriately. Participants of an in-person session will have the opportunity to try using walking aids, such as wheelchairs and sensory impairments goggles. We recommend the in-person session if it is possible for your project.

Only Scottish Health Walk Network members can book this course.

If you are not a Scottish Health Walk Network member, or you can't find what you're looking for, please contact us at training@pathsforall.org.uk

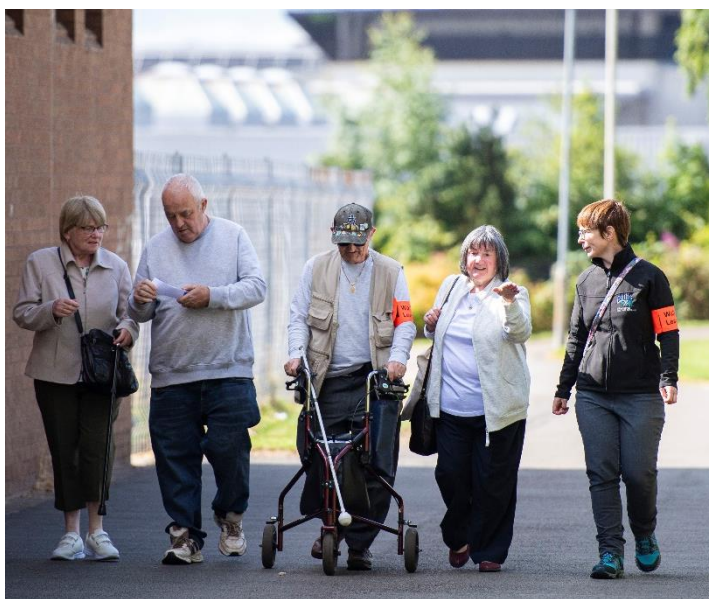
www.pathsforall.org.uk Tel: 01786 641851



What participants say:

“I completed the eLearning and found it very useful. As it happens there are some walkers with additional support needs on my walk so the information in the modules was extremely beneficial”

“The practical element using aids gave me a better awareness of disabilities”



“Great information on different disabilities and how to include people who might join our walks. We learned the necessity of pre-planning walks to be more inclusive”

“I now feel more confident to ask questions and discuss issues with people with disabilities”