

# Walking for Health Training

Inclusion Training – including people with a disability in Health Walks and outdoor activities

## Course Overview:

This is an interactive and practical 4 hour course for Walk Leaders and staff/volunteers involved in leading outdoor activities.

This training aims to increase confidence in supporting the inclusion of disabled people in outdoor activities such as Health Walks or other low level activities. The focus of this course is on ability rather than disability, and the aim is to help you to influence and deliver good practice, to communicate effectively and to find out where to go for further information.

The course is delivered by experienced trainers from Scottish Disability Sport.

## Learning Outcomes:

After attending this course, you will:

- Be able to recognise the influence of perceptions and experiences
- Be able to identify techniques for good inclusive practice
- Be able to identify potential challenges to participation and identify possible solutions
- Appreciate the importance of effective communication
- 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 offer outdoor activities.

**Course Materials:** Paths for All provides all training materials including a course workbook and follow up slides and handouts which will be sent by email after the course.

**Duration:** Four hours. You will go outside for 2 walking sessions during the course, so please come dressed appropriately.

**Price:** To book your own course, delivered by our freelance trainers for up to 20 people, £600. 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.

**Location:** Delivered in your local area.

**Booking information:** For more information or to book a course please contact [training@pathsforall.org.uk](mailto:training@pathsforall.org.uk) or call Marion Munro on 01259 222336.

[www.pathsforall.org.uk](http://www.pathsforall.org.uk) Tel: 01259 222336

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“Thoroughly enjoyed the course and learnt loads!”

“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”