

VOLUNTEER WALK LEADER TRAINING

If you are interested in becoming a Health Walk Volunteer Leader for the “Walking the Way to Health” scheme in Basingstoke, I am pleased to now be able to offer you a place at the next Health Walk Leader training session in October. The aim is to establish a group of local adults trained to promote walking and to lead walks in the borough on a regular basis, either on one of the already established “Health Walks”, or to plan, promote and lead “one off” walks - on days and times to suit you.

The training takes place over 1 evening, and there will probably be between 10-20 people attending. You will receive a certificate of attendance and refreshments will be provided. The course is recognised by the British Heart Foundation National Centre for Physical Activity and Health, and is endorsed training on the Register of Exercise Professionals – so you will get yourself a qualification as well!!

The day will consist of 4 short sessions with refreshments and breaks in-between. You will also be going out on a short demonstration walk so you would need to wear clothes and shoes that you normally wear for walking. You don't need to bring anything else.

The course includes information on:

- What is health?
- The benefits of exercise on our health and wellbeing
- How to motivate people to walk
- A “demonstration” health walk
- Safety and risk assessment
- How to lead a walk
- Essential paperwork – nothing difficult, just the register and registration form etc



If you would like to take this opportunity please would you complete the slip below and return to me as places are limited. If you have any queries or concerns about the training please do not hesitate to telephone me for a chat about it.

Jane Wilding
Telephone 01256 845574 or
e-mail jane.wilding@basingstoke.gov.uk

Please return this reply slip to: Jane Wilding, BDBC, Civic Offices, London Road, Basingstoke RG21 4AH, or e-mail the completed form to jane.wilding@basingstoke.gov.uk

I would like to attend the Health Walk Leader Training session on Monday 26 October 2009

Name:

Contact tel no:

Address

E-mail: