

## WALKING FOR HEALTH



### Setting up a walking group

Walking for Health is delivered through a team of volunteers trained and supported by the Southern HSC Trust.

If you are interested in training to be a walk leader or walking assistant, we would be keen to hear from you.

Walking groups can be open to anyone. However, we would particularly like to support walks for long term conditions, dementia friendly, walk at work, and walks for older peoples groups with a strength & balance element.

The Southern Trust offers:

- Walk Leader training
- Support for SHSCT-trained walk leaders
- Insurance for walk leaders
- Resources
- First aid training

#### Interested?

For more information, contact:  
Clare Drummy (Physical Activity Coordinator)

[clare.drummy@southerntrust](mailto:clare.drummy@southerntrust).

[hscni.net](http://hscni.net)

028 3831 7156

### Volunteer Roles

#### Volunteer Walk Leader

If you have a keen interest in walking and would like to encourage and motivate people to become more active through walking, we would be keen to hear from you.

You will use your training to plan and deliver walks in your local area, linked in with the Trust's Walking for Health programme. Full training, ongoing support and insurance cover for walks are all provided free of charge.

#### Volunteer Walking Assistant

If you don't feel that you could lead a walk, you could still be a walking assistant.

The role involves providing a helping hand to the walk leader by greeting walkers, supervising the walk, dealing with paperwork, chatting with participants etc. We provide full training and ongoing support.

### Benefits

Your volunteering will provide opportunities to:

- Develop your leadership, communication and people management skills
- Meet new people
- Discover the area and spend time outside
- Be more physically active

### What type of person are we looking for?

We are looking for volunteers who are passionate and enthusiastic about walking and are eager to learn. You will need to be:

- Friendly with good communication skills
- Reliable, punctual, honest and well-organised
- Able to work independently, with guidance and support