



Test Valley Health Walks

Test Valley Health Walks are free, a great way to get fit, and provide opportunities to explore what's on your doorstep and make new friends.

What is Volunteer Walk Leader Training?

As a volunteer walk leader, you will be helping people in your community to get active and healthy, providing vital support that they otherwise might not get.

As well as ensuring walks are friendly, safe and well run, walk leaders are also ambassadors, showing exercise really can make a big difference to people's lives and significantly improve a person's health, well-being and confidence.

We need more
Walk Leaders to
keep the scheme
going.

Test Valley Health Walks would not exist without our fantastic volunteer walk leaders.

We would love to set up a brand **new Health Walk** in the **King's Somborne** area, and it would be brilliant if you could join us!

The Volunteer Walk Leader course is a **free one-day course** for anyone willing and able to lead walks in the community for Test Valley Health Walks;

Volunteer Walk Leader Training

Thursday 22nd February 2018 – 9.30am-4.30pm
Crosfield Hall, Broadwater Rd, Romsey, SO51 8GL

Walking for Health is England's largest network of health walk schemes, helping all kinds of people to lead a more active lifestyle. Our walks are led by friendly, knowledgeable people, specially trained for the job, who provide all the advice and encouragement a new walker needs to build fitness at a pace that's right for them.

The Training Day includes...

- Practice in leading a health walk
- Benefits and barriers to exercise
- Information on special conditions
- Common sense risk assessment
- Benefits of the natural environment for health and wellbeing
- Follow-up support and resources, including a Volunteer Walk Leader manual
- Refreshments throughout the day, but please bring your own lunch.

By the end of the course you will:

- Be aware of the benefits of regular walking
- Be familiar with the paperwork required
- Know how to plan a route and recognise hazards
- Understand the role of the leader at all the stages of a Health Walk
- Be a confident Health Walk Leader (There is no pressure to do so!)
- When you have completed the course you will receive a volunteer Walk Leader Certificate.

If you would like to attend the training, please contact Louise Trayling on **01264 368649** or email ltrayling@testvalley.gov.uk to book your place!