



Volunteer Walk Leader Training 2019

Date	Venue	To Book
Tuesday 11th June	Oakwell Hall Nutter Lane, Birstall WF17 9LG	https://walkleaderjune19.eventbrite.co.uk
Monday 22nd July	Kirklees Recovery College Nettleton Road, Mirfield WF14 9AQ	https://walkleaderjuly19.eventbrite.co.uk
Tuesday 17th September	Huddersfield Fire Station Outcote Bank, Huddersfield HD1 2JT	https://walkleadersept19.eventbrite.co.uk

All training days run from 10.00 am – 4.30 pm

The one day course will qualify you to lead/backup Health Walks. Health Walks are short group walks of up to 90 minutes for people who have done little or no structured walking who wish to improve their health through walking. We have volunteering opportunities within Kirklees for new Leaders and back up helpers.

The training day will cover:

- Physical Activity & Health
- Benefits and barriers to walking
- Planning, delivering and organising a walk (includes route planning & risk assessments)
- Walk Leaders role
- Practical Health Walk

For more information about the course telephone Gill Logan on 01484 221000 or email gill.logan@kirklees.gov.uk