



# Get the feel good factor Become a walk leader

The Walk Leader training is aimed primarily at volunteers who wish to lead community walks. It is full of practical advice and run locally where there is an existing Walk For Health Scheme.

## The Walk Leader Training day covers:

- The benefits of physical activity
- Identifying barriers to physical activity
- Motivating people to walk
- A demonstration of a health walk
- Monitoring safety
- How to lead a walk



*funded by*

**NHS**  
City and Hackney

**Hackney**

## We are looking for volunteers who are:

- Friendly and Approachable
- Good organisers
- Enthusiastic
- Punctual and reliable
- Patient
- Observant - especially recognising risks or hazards
- Good at communicating



To find out more contact The Leisure & Physical Activity Team:  
email [darren.english@hackney.gov.uk](mailto:darren.english@hackney.gov.uk) or call 020 8356 4897.  
Alternatively you can complete the form below.

Applicants must be 16 years old or over and will be selected on a first come first served basis. Candidates will be notified of the course date on receipt of enquiry.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime telephone: \_\_\_\_\_

Evening telephone: \_\_\_\_\_

Email address: \_\_\_\_\_

Gender: \_\_\_\_\_

Ethnicity: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Reason for wishing to attend the course: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

**Please return to Darren English, Leisure & Physical Activity Team,  
1st Floor, Maurice Bishop House, 17 Reading Lane, London E8 1HH**