

WINCHESTER HEALTH WALKS



VOLUNTEER WITH LOCAL RAMBLERS WALKING FOR HEALTH SCHEME



We want everyone to live happier and healthier lives.

Help us achieve this by volunteering with your local Ramblers Walking for Health scheme. We need people to lead or assist with walks, develop new routes and provide office support. Full training and support is provided.

If you want to get active, meet new people and make a difference to your local community, we'd love to hear from you:

CONTACT US

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walkingforhealth.org.uk/walkfinder/winchester-health-walks

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The Ramblers' Association is registered charity (England and Wales no. 1093577, Scotland no. SC039799)

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WHAT DO LEADERS DO?

While on a walk, leaders position themselves at the front, middle or back of the group. They are there to make sure that everyone is safe and happy. They will also be responsible for planning routes, taking registers and acting as an ambassador for walking- showing everyone that they can make a big difference to their lives just through taking part in a walk.

IS TRAINING PROVIDED?

A days training is provided for those who want to become a Walk leader. This is a nationally recognised and well respected scheme. You will also be able to attend a refresher training day every 2-3 years.

Ongoing support and guidance from your local scheme coordinator and from the Walking for Health national team is available.

WHAT SKILLS DO I NEED?

All you need to be a walk leader is enthusiasm for walking and the benefits it gives out! We want our leaders to be friendly and welcoming, with good communication skills and confident speaking in front of groups. We also would like them to be punctual and well organised.

HOW MUCH TIME DO I NEED?

Most walks last for around an hour or less. If you are to include travelling, preparation and paperwork, you are looking at around 2-3 hours. It is important to note that refresher training and occasional meetings may take up some of your time. We would expect you to attend at least one walk a month once you have completed your training. Though this does depend on the programme you are a part of and the number of walk leaders already trained.

