HOW TO APPLY:

If you are interested in becoming a Volunteer Walk Leader for the scheme, you should fill in an application form and return it to us at the address below. We will then get in touch with you to invite you for an informal chat. If you would like more information simply contact –

Paul Fisher
Hambleton Strollers Walking for Health Co-ordinator
c/o Age UK North Yorkshire
33 High Street
Northallerton
North Yorkshire
DL7 8EE

Tel: 01609 771624
paulfisher@ageuknorthyorkshire.org.uk
WHO CAN APPLY TO BE A WALK LEADER?

The Volunteer Health Walk Leader programme is open to people over the age of 18 and we encourage and welcome applications from all parts of the community.

WHAT SUPPORT IS PROVIDED FOR VOLUNTEER WALK LEADERS?

All suitable volunteers go on the Volunteer Health Walk Leader training course to qualify as a Walk Leader and then undertake an induction. Volunteers receive public liability insurance cover to lead walks and have access to a range of support and benefits, including: expenses refunded, uniform (e.g. hi-viz tabards), equipment (e.g. rucksacks, first aid kits), free training (e.g. first aid training), regular volunteer support meetings, newsletters and special volunteer events and activities.

You will be a volunteer for Age UK North Yorkshire and be given clear information about their policies and support for you.

Who are the Hambleton Strollers?

This is Hambleton's Walking for Health Scheme. It is run by a partnership of Age UK North Yorkshire, Hambleton District Council, North Yorkshire and York Primary Care Trust and several voluntary bodies. The scheme aims to encourage people to become more active and therefore healthier through short, recreational health walks.

Walking has been shown to be extremely beneficial to health and is one of the easiest types of exercise people can do:

- it's free
- requires no special equipment
- and can be done by most people almost anywhere!

The scheme is open to everyone and costs nothing to get involved. It offers a selection of group walks led by trained Volunteer Walk Leaders, independent walking with health walking route cards and a volunteer programme for people to train as Walk Leaders.
HOW CAN YOU HELP?
Lots of people in Hambleton would love to walk but do not. This may be for lots of different reasons including:
- Fear of walking in parks or countryside areas
- Lack of knowledge about where to walk
- No one to walk with
- Feeling unable to walk very far, perhaps due to a medical condition
- Lack of confidence.

ROLE OF THE VOLUNTEER HEALTH WALK LEADER:

As a Volunteer Walk Leader, you would work closely with Hambleton Strollers Walking for Health Co-ordinator and your fellow Volunteer Walk Leaders to:

- lead or back mark weekly short, safe and friendly health walks for the general public
- help promote the walking scheme to local communities
- support your fellow Volunteers and any new Walk Leaders
- help to plan new walk routes

WHAT QUALITIES, SKILLS OR EXPERIENCE SHOULD YOU HAVE?

To be a good Volunteer Walk Leader you should:
- enjoy walking
- have good organisational skills
- be a good communicator with a wide range of people
- be reliable, punctual and committed
- have a friendly personality
- be able & willing to fill in the appropriate paper work

However, you can help by becoming a Volunteer Health Walk Leader. By leading short, friendly and local group health walks, you can remove many of the barriers preventing people from going on walks. You can provide people with the opportunity to come together for a short walk, where they can become fitter, healthier and happier, make new friends and discover their local environment. Leading health walks can really make a difference to your own and your walkers’ lives.

WHAT IS A HEALTH WALK?
A health walk is essentially a short walk in your local area that has been designed to be suitable for people who don’t normally walk very much and want to get started. All walks are risk assessed and trained Volunteer Walk Leaders lead the group walks. A number of walks are suitable for people who have limited mobility or use a wheelchair.
Walking for Health is a national organisation which has been in existence for over ten years. There are over 600 Walking for Health groups across the country helping over 35,000 people each week join in a led health walk in their natural environment.

Over 42,000 people have trained as walk leaders across the country and over 1 million people have been encouraged to get out walking by the scheme.

The health benefits of walking are proven and helping people to get out and walk can have a real impact on people’s quality of life.

For more information have a look at the national website

www.walkingforhealth.org.uk

This leaflet will tell you a little about our local scheme and how you could help.

Look out for our walk leaflets in local libraries, tourist information centres, leisure centres, the Friarage Hospital and doctors surgeries