

## Programme Overview for Walk Leaders

### Cumbria Walking for Health Scheme

- Walking for Health is England’s largest network of accredited health walks and has been in existence for over 14 years
- Cumbria Walking for Health Scheme is funded by Cumbria County Council and led by Active Cumbria
- Walks are free, organised by trained walk leaders and run on a regular basis.
- Accessible to all but especially suitable for beginners and those returning to activity.
- Walks are generally a minimum of 10–30 minutes but never longer than 90 minutes.
- Go at a pace that is right for the individual and cater for all abilities.
- Start and finish from popular and easy to access locations within the local community.

### Your role and the support you will receive

As a Walk Leader you are asked to:	In return you will receive:
<ul style="list-style-type: none"> <li>• Deliver at least one guided walk per month (hopefully more!).</li> </ul>	<ul style="list-style-type: none"> <li>• Accredited training (which includes public liability insurance )</li> <li>• Access to a range of resources on the national Walking for Health website.</li> </ul>
<ul style="list-style-type: none"> <li>• Establish and begin leading walks within 3 months of attending the training.</li> </ul>	<ul style="list-style-type: none"> <li>• Support from Active Cumbria locality officer to help get things off the ground including a visit to your walk</li> <li>• A Walk Leader toolkit</li> <li>• A range of support equipment including backpack, first aid kit, clipboard, high visibility vests and New Balance sportswear</li> </ul>
<ul style="list-style-type: none"> <li>• Promote your walks locally</li> </ul>	<ul style="list-style-type: none"> <li>• Marketing and communication resources such as poster templates, volunteer recruitment posters, social media guidance, images, and logos.</li> <li>• Support from Active Cumbria Marketing &amp; Communications lead</li> </ul>

<ul style="list-style-type: none"> <li>• Share good news stories, photos and videos of your walks with Active Cumbria.</li> </ul>	<ul style="list-style-type: none"> <li>• Regular updates from the Scheme Coordinator</li> <li>• Potential networking opportunities with other local groups</li> </ul>
<ul style="list-style-type: none"> <li>• Maintain a record of the number of walks delivered and the number of attendees (register)</li> </ul>	<ul style="list-style-type: none"> <li>• Statistical information regarding your walk (if required)</li> </ul>
<ul style="list-style-type: none"> <li>• Keep a risk assessment of your planned routes and review at least 6 monthly (or if local circumstances change).</li> </ul>	<ul style="list-style-type: none"> <li>• Risk Assessment guidance included as part of the walk leader training course, with further support if necessary</li> </ul>
<ul style="list-style-type: none"> <li>• Take responsibility for ensuring that the necessary paperwork is maintained, up to date and forwarded to Active Cumbria on a regular basis</li> </ul>	<ul style="list-style-type: none"> <li>• Support in line with being part of a high quality and accredited scheme which is having an impact locally and across Cumbria</li> </ul>

## Active Cumbria Contacts

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