Support

If you would like to start a new group and/or offer walks to a particular group that you are involved with, contact the Development Officer for Walking for guidance.

If you are interested in volunteering for one of the Walking for Health schemes in Norfolk that already exists, please look at our website www.activenorfolk.org/walking and contact the local organiser/coordinator directly.

For more information visit the national Walking for Health website www.walkingforhealth.org.uk or call the East England coordinator, Andrew Milward, on 020 7339 854.

As a charity or Constituted group you will be in a position to deliver walks and receive funding if such a need for commissioning and funds becomes available.

Package of Support for Non-Health Walking groups:

- Visit www.activenorfolk.org/walking for information on other walking groups in Norfolk like the Ramblers or Norfolk Wayfarers
- If you want more information on delivering safe and effective walks but don’t want to formalise your walking group under an accredited scheme, Active Norfolk offers a 2 hour course called ‘Leading Safe and Effective Walks’

People delivering walks as part of the various walking festivals delivered by the Trails Team at Norfolk County Council would benefit from this information session. These will be run in the build up to festivals or if you are a group with 7 or more delegates bespoke courses can be delivered at a venue arranged by the group.

Please contact the Development Officer for Walking, Mel Brown for more information.

Norfolk Trails will be creating new maps and carrying out access audits on a number of different routes which will help people start walking for the very first time or keep people active later on in life.

Lots of walk routes can be found by visiting the website: www.norfolk.gov.uk/out-and-about-in-norfolk/norfolk-trails/short-and-circular-walks

Walking Festival information can be found on the website and anyone interested in delivering or helping with the led walks should contact the Trails team below. Led walks are offered in various guises and can be promoted and booked through the website.

Finally, Norfolk Trails would like to include all walkers in the volunteer newsletter which comes out regularly and informs everyone of the promotions, access work and development of routes available for walking in Norfolk. We would like more volunteers to let us know about the network by reporting any issues to the Trails team.

Please contact the Senior Officer in the Trails team, Russell Wilson for more information:

Email: russell.wilson@norfolk.gov.uk
Telephone: 01603 223383

Contact Information

Active Norfolk Development Officer for Walking:
Mel Brown
Email: mel.brown@activenorfolk.org
Telephone: 07766 259999
Website: www.activenorfolk.org/walking
Accredited Health Walk Schemes in Norfolk

Health walks are offered in various forms across the county. Some health walk groups operate as charities, such as in North Norfolk and West Norfolk, while other groups are Constituted or informal groups.

If you choose to become an accredited health walk scheme, this brings with it a package of support and guidance that can enable your walking group to really thrive.

As a health walk scheme you could offer walks up to 90 minutes, short beginner walks, or even targeted walks for people with various health conditions including “Memory walks” for those living with dementia and their carers.

Benefits of becoming an accredited health walk scheme include:

- The recognition and assurance of being part of a nationally recognised organisation (Walking for Health)
- FREE materials to help you deliver your walks
- Insurance for your volunteers to deliver safe walks

You would be required to use standardised paperwork and enter information onto a national database, and also risk assess your walks.

Active Norfolk also offer a package of support if you decide to become an accredited scheme. You can take advantage of Walk Leader Training, Basic First Aid, Publicity and Support!

Walk Leader Training

Walk leader training is a requirement for an accredited scheme and is offered through Active Norfolk.

Courses will be offered twice a year in Norwich, information can be found at [www.activenorfolk.org/walking](http://www.activenorfolk.org/walking) along with a booking form. If you have 7 or more prospective volunteers, then we can arrange a bespoke training course in your local area, please contact the Development Officer for Walking directly.

Walk leader training will cover the benefits of walking, the role of a walk leader and necessary paperwork needed to run as a Walking for Health scheme. The course is the first step to become an accredited Walk Leader as part of the national scheme.

Once you have attended the course you will then need to shadow a leader on one of the many health walks across the county, and then the final step is to take part in a walk as a Walk Leader – this can be at the front, middle or back of the group. Your certificate will then be issued.

Basic First Aid

In order for volunteers involved in Health walks to be prepared for a medical emergency out in the field we provide a three hour emergency first aid course for volunteers in schemes accredited by Walking for Health.

You can either take a look at the courses we offer as part of coach development, or if you have 7 delegates or more we can offer bespoke courses in your local area. For individual courses please visit [www.activenorfolk.org/events?type=course](http://www.activenorfolk.org/events?type=course).

Once a course has been selected, or 7 or more delegates identified for bespoke training, contact the Development Officer for Walking to arrange bookings.

Publicity

As an accredited scheme we can offer you a page on our website which will be updated via the Development Officer for Walking.

Here you can advertise your walking programme, offer news and updates and attract new members with photographs and information. Your walks can be uploaded to Active Norfolk’s popular activity search which is a resource that helps people find activities in their local area.