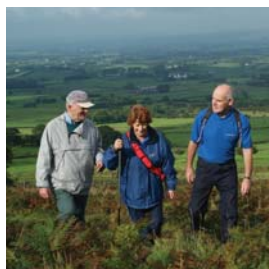




# *Walking for health*



Walking for health seminar

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24 April 2008

## Background

The Northern Ireland physical activity strategy created the opportunity to appoint four physical activity coordinators to cover each of the Health and Social Services Board areas. The coordinators were responsible for establishing the Walking for health initiative in Northern Ireland in 2001.

This scheme aims to encourage those who take little physical activity to participate in regular short walks. The initiative has been successful in developing a wide range of walking groups, mainly led by volunteers, and is helping to contribute towards the implementation of the *Investing for health strategy*.

## Aim and objectives

This seminar has been organised by the Health Promotion Agency for Northern Ireland (HPA) with the support of local physical activity coordinators and aims to raise the profile of walking within Northern Ireland. The event will examine good practice and explore the future direction of the Walking for health scheme.

## Format

Speakers will examine the evidence base for the promotion of walking for health, present models of good practice and highlight barriers to participation. Delegates will have an opportunity to comment on how the scheme could be further developed within Northern Ireland.

## Target audience

This event will be of interest to anyone from community, voluntary or statutory organisations with an interest in promoting walking for health. It will be of particular interest to physical activity specialists, countryside officers, community sports development officers, policy makers and primary care health professionals.

## Date

Thursday 24 April 2008

## Time

9.30am–4.30pm

## Venue

Lough Neagh Discovery Centre, Craigavon

## Programme

- |       |   |
|-------|---|
| 09.30 | Registration, tea/coffee  |
| 09.45 | Welcome and introduction<br><i>Nicola Browne, Senior Manager: Public Health, HPA</i>  |
| 09.50 | Why walking? – Exploring the evidence base<br><i>Dr Marie Murphy, Head of School of Sports Studies/<br/>Co-director Ulster Sports Academy, University of Ulster</i>                                     |
| 10.30 | Setting the scene – Walking for health in Northern Ireland<br><i>David Porter and Kim Kensett, Physical Activity Coordinators</i>   |
| 10.45 | Walk Northern Ireland<br><i>Clare Wright, Strategic Access Manager, Countryside<br/>Access and Activities Network</i>   |
| 11.00 | Tea/coffee  |
| 11.30 | Models of good practice<br><i>Case studies from walking schemes</i>   |
| 12.15 | Safe routes to school<br><i>Jill McDonald, Development Officer, Sustrans</i>  |
| 12.30 | Nordic walking for health<br><i>Francis Mitchell, Managing Director, Nordic Walking UK</i>  |
| 13.00 | Lunch and health walk   |
| 14.00 | Pedometer on prescription<br><i>Mitch Counsell, National Step-O-Meter Programme<br/>Manager, Natural England</i>  |
| 14.30 | Barriers to participation in countryside recreation<br><i>Dr Olive Brown, Consultant in Sport, and Eszter Balló,<br/>Research and Monitoring Officer, Countryside Access and<br/>Activities Network</i> |
| 14.45 | Evaluating walking for health schemes<br><i>Dr Claire Fitzsimons, Scottish Physical Activity Research<br/>Collaboration Project Coordinator, Strathclyde University</i>                                 |
| 15.15 | Group work task   |
| 15.45 | Tea/coffee  |
| 16.00 | Feedback/final plenary  |
| 16.30 | Close   |

# Walking for health seminar Booking form

Please complete all details in BLOCK capitals. Please photocopy this form for each individual.

First name \_\_\_\_\_

Surname \_\_\_\_\_

Job title \_\_\_\_\_

Organisation \_\_\_\_\_

Work address \_\_\_\_\_

Postcode \_\_\_\_\_

Work telephone number \_\_\_\_\_

Fax number \_\_\_\_\_

Email \_\_\_\_\_

Please specify any special dietary or access requirements \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Booking information

Booking forms are also available to download or submit online at: [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)

### Cost

There is no charge for attendance at this seminar. However, anyone with a confirmed booking who fails to attend will be charged an administration fee of £30.

### Closing date for applications

4 April 2008

### Completed forms should be returned to:

Carrie Crossan, Support Services Administrator  
Health Promotion Agency for Northern Ireland,  
18 Ormeau Avenue, Belfast BT2 8HS.

Tel: 028 9031 1611 (voice/minicom) Fax: 028 9031 1711.



**Health**  
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