**Walk Leader Training Expectations**

The Active Travel Social Prescribing Project aims to encourage individuals to travel short everyday journeys by walking, wheeling, cycling, or using public transport. We are providing Walk Leader Training to encourage social walking groups, with the aim that this will inspire individuals to make active journeys – even if this starts as one journey a week.

The Walk Leader training will be offered in our pilot areas with the Well Together Service who will be delivering this training. The places are open to staff, volunteers and members of the public who wish to train as a Walk Leader with the aim to start a walking group. Ideally, we would like the walking group to become part of the NHS Bradford District Care Trust Well Together Service. This would mean that you are covered by their insurance and receive ongoing support. It will also allow the group to be sustainable once the ATSP funding ends. You would be welcome to have a closed group, a women’s only group or even a shorter length walking group catered to individuals with mobility aids etc. If you do not wish for your walking group to be a part of the Well Together service but still wish to attend the training please contact us to discuss further.

As part of the ATSP project we will **ask individuals who complete the Walk Leader Training to inform us if they start a new walking group.**

We would then ask to attend your walking group to introduce our project and ask 18+ participants who are interested in sharing their Active Travel journey to complete our survey. We are required to collect this data initially and subsequently 6 and 12 months after. A member of the Active Travel Social Prescribing team will meet you and the participants at your walking group to explain our project and complete this survey.

We may also ask you to identify walkers who want to be filmed for a short case study video to share the impact of the walking group you have set up on their health and wellbeing.

Our project is due to end in October 2025 and our aim is to get as many people walking, wheeling, cycling and using public transport for shorter journeys. Walking groups can really support individuals to gain the appropriate skills and confidence to walk independently. We hope you can be a part of what our project is trying to achieve.

If you have any questions, please get in touch with Jas via details below:

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