

## **Walk for Health – Walk for Fun – Walk for Life**

**Get Ireland Walking - A Sport Ireland Initiative funded by the Department of Health and managed by Mountaineering Ireland.**

### **ACTIVE COMMUNITY WALKING PROGRAMME**

The Active Community Walking Programme has been piloted to 12 Local Sports Partnerships (LSP). In the New Year it will be rolled-out as a nationwide programme to all LSPs. In 2015 the programme was made available to the following LSP areas; Cork, Donegal, Dublin City, South County Dublin, Galway, Kildare, Laois, Limerick, Mayo, Sligo, Westmeath and Wicklow. In January 2016 the roll out will commence at a national level. An Expression of Interest form has been sent to all Local Sports Partnerships to participate in this worthwhile programme. Get Ireland Walking looks forward to working in close cooperation with existing and new facilitators to make this programme a continued success and to create a vibrant culture of walking in Ireland.

If you are aware of a local community where there is an appetite for the development of a new walking group, we would encourage you to contact the Get Ireland Walking office or your Local Sports Partnership.

### **SUPPORT AND FEEDBACK DAY**

Get Ireland Walking recently hosted a support and feedback day for community walking facilitators. The day itself was of real benefit to all involved and afforded Get Ireland Walking an opportunity to engage with facilitators and gather important feedback. The key objectives for the day were discussed in detail, specific issues were unwrapped and a clear plan was developed. This work plan for the expansion of the programme has taken into consideration what worked well and what didn't within the pilot phase.



Jason King was appointed as National Programme Manager with Get Ireland Walking in addition to Michelle Hardie Murphy as National Development Officer. Both Jason and Michelle are strong advocates of

physical activity, health and well-being. They bring to the Get Ireland Walking programme a great wealth of experience. They are both looking forward to making a real impact on the ground, working with and through communities across Ireland, increasing awareness and encouraging widespread participation in walking. Their aim is to support the development of new walking groups and inspire those that wish to be independent walkers to do so.

## **Insurance Cover**



Get Ireland Walking has put in place an insurance scheme for volunteer walk leaders and walking group coordinators that register with Get Ireland Walking. For further information on the Insurance Scheme and for answers to frequently asked questions about the insurance cover please visit the website. If you have any questions or queries about setting up or joining a walking group in your area please contact us, we would love to help you out and get started on your way, to a happier and healthier life at [www.getirelandwalking.ie](http://www.getirelandwalking.ie).

Call the office on 01-6251109 or 087-2994687.

Alternatively you can email me: [jason@getirelandwalking.ie](mailto:jason@getirelandwalking.ie)

Contact us through Facebook and Twitter @GetIreWalking