

# Physical Activity Training Opportunities

## 2025/26

# CONTENTS

Page

1

Walk leader training

---

3

Boccia Training

---

5

IndepenDance

---

[physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

# Walk Leader Training



Date	Time	Location
Wednesday 14th May 2025	9.30am to 12 noon	WIN Business Park, Newry
Wednesday 18th June 2025	9.30am to 12 noon	Gilford Community Centre
Wednesday 17th September 2025	9.30am to 12 noon	Armagh Enterprise Centre
Wednesday 15th October 2025	9.30am to 12 noon	Jethro Centre, Lurgan
Wednesday 12th November 2025	9.30am to 12 noon	Online
Wednesday 18th February 2026	9.30am to 12 noon	Online
Wednesday 11th March 2026	9.30am to 12 noon	TSB
<b>Cost:</b>	<b>This course is funded by PHA and delivered by SHSCT.</b>	
<b>Pre-requisite:</b>	<ul style="list-style-type: none"> <li>• Be over the age of 18 years;</li> <li>• Be able to complete the full training;</li> <li>• Have a reasonable level of fitness to lead health walks;</li> <li>• All participants will be expected to be active as Walk Leader and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity;</li> <li>• Walking for Health Walking Groups can promote their walks by sending information via <a href="mailto:Physical.activity@southerntrust.hscni.net">Physical.activity@southerntrust.hscni.net</a></li> <li>• Complete monitoring information once per year.</li> <li>• Ensure Walking for Health logo is used on all promotional resources.</li> </ul> <p><b>PLEASE NOTE: By booking a place on Walk Leader Training, you are agreeing to all of the above.</b></p>	

## Walk leader Training Contd.

### Description:

**Aim: To train adults to lead health walks in their local community or workplace.**

### Learning Objectives:

- To understand the health benefits of walking;
- To motivate inactive people to participate in health walks;
- To develop Walking For Health programmes;
- To plan and risk assess walking routes;
- To lead safe and enjoyable health walks for people of all ages and abilities.

**This is a basic level course which promotes low level health walks for adults who are inactive.**

### Target Audience:

**Any adult wishing to set up a Walking For Health Walking Group as part of a work role or in a voluntary capacity.**

### PLEASE NOTE:

**Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.**

### Booking Details:

**Please click [HERE](#) for application form.**

**We will confirm attendance with you following submission of registration form.**

**Once booked, if you can no longer attend the training please email [physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net) It is your responsibility to cancel asap to ensure your place is re-allocated.**

# Boccia Training



Date	Time	Location
Thursday 12th June 2025	9.30am to 1.30 pm	Gilford Community Centre

**Cost:** This course is funded by PHA and delivered by SHSCT.

**Description:**

The Boccia Leaders Award provides attendees with a base level of knowledge and skills to plan and lead fun and engaging boccia sessions.

The 3 hour course gives both theoretical and practical guidance surrounding player's needs, how to support player's skills development and what the current competition structures are for players wishing to get involved in the sport.

On completion of the course all participants will receive a Disability Sport NI Certificate of Attendance and a resource pack.  
SHSCT/PHA will also provide a boccia set.

**Target Audience:** Those working across populations including older adults and learning or physical disability.

**Essential criteria:** The Boccia course is open to both Trust staff and community and voluntary leaders who can deliver at least 12 sessions per year either through their work role or in the community.

We will confirm attendance following your registration. Preference will be given to those who can prove delivery on an ongoing basis.

# Boccia Training Contd.

**Booking Details:** Please click [HERE](#) for application form.

Once booked, if you can no longer attend the training please email [physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

It is your responsibility to cancel asap to ensure your place is re-allocated.

# IndepenDance!



Date	Time	Location
------	------	----------

Tuesday 9th September 2025	9.30am to 4.30 pm	Clan Na Gael, Francis Street, Lurgan
-------------------------------	-------------------	---

Tuesday 23rd September 2025	9.30am to 4.30 pm	Clan Na Gael, Francis Street, Lurgan
--------------------------------	-------------------	---

<b>Cost:</b>	This course is funded by PHA and delivered by SHSCT.
--------------	--

<b>Description:</b>	<p><b>Become a certified IndepeDance Leader and bring the joy of movement to older adults and those with limited mobility!</b></p> <p><b>What is IndepeDance?</b></p> <p><b>A vibrant, uplifting dance programme that blends fun routines, social connection and targeted strength &amp; coordination exercises to promote independence. We use lively music, simple moves that have real impact, boosting confidence, preventing falls and improving both physical and mental well-being.</b></p> <p><b>Join the 2-day course and get accredited as an IndepeDance Leader. IndepeDance is a Level 2 accreditation with OCNNI.</b></p> <p><b>Learn to lead engaging dance sessions with ‘Steady On Your Feet’ exercises that will empower others to move with confidence.</b></p>
---------------------	---

<b>Target Audience:</b>	<p><b>Who will benefit?</b></p> <ul style="list-style-type: none"><li>• Older adults and those with reduced mobility</li><li>• Those experiencing social isolation</li></ul>
-------------------------	--

# IndepenDance Contd.

**Essential criteria:** The IndepenDance course is open to those working with older adults.

Delivery of at least 12 sessions per year either through their work role or in the community.

We will confirm attendance following your registration.

Preference will be given to those who can prove delivery on an ongoing basis.

**Booking Details:** Please click [HERE](#) for application form.

Attendance is compulsory on both days.

Once booked, if you can no longer attend the training please email [physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

It is your responsibility to cancel asap to ensure your place is re-allocated.