Achieving a stronger culture of walking offers enormous potential benefits for the local population in Northern Ireland. Walking can deliver on many different agendas across a number of Government Departments and public bodies.

The Conference will feature renowned experts from the health, environment, social and physical activity sectors, showcasing the latest research, practices and evidence on walking.

The Conference will be opened by Chief Medical Officer, Dr. Michael McBride and hosted by Mr. Dawson Stelfox MBE.

Date:
14th November 2019

Time:
9am to 4pm

Location:
Riddel Hall,
Queen’s University Belfast

The Conference aims to:
• Enhance delegates’ knowledge of the benefits of walking to public health and communities.
• Showcase good practice in Great Britain, Ireland and Northern Ireland
• Reflect on health trends and the latest research
• Provide opportunities for cross-disciplinary and cross-departmental networking

The themes of the Conference include:
• How walking creates physical activity, mental health, environmental and social benefits
• The value of the natural environment for wellbeing
• The transformative role of led-walking in communities and the health sector
• The role of walking within social prescribing and green exercise

Who should attend?
The Conference will be of particular interest to policymakers and decisionmakers and those with a lead role in:
• Public health
• Physical activity
• Community planning
• Leisure, recreation and sport
• Social prescribing
• Mental health
• Outdoor recreation
• Research on the above areas

Please book now for this free Conference as spaces are limited.
Booking information & venue

Cost:
This conference is free to attend.

Booking Your Ticket:
Booking is via Eventbrite.
https://www.eventbrite.co.uk/e/the-power-of-walking-conference-tickets-70118178359
Please note spaces are limited so please book early to avoid disappointment.

Organiser Contact:
Claire Saunders
Email: c.saunders@outdoorrecreationni.com
Phone: 028 9030 3930

Location:
Riddel Hall,
Queen’s University Belfast
185 Stranmillis Road,
Belfast
Dr. Ruth Hunter  
**Role:** Reader in Public Health  
**Organisation:** Queen’s University, Belfast  
**Topic:** Case Study- Exploring the public health impacts of the Connswater Community Greenway.

Dr. Mike Brannan  
**Role:** National Lead for Physical Activity  
**Organisation:** Public Health England  
**Topic:** How 10 minutes brisk walking every day can bring significant health benefits

Dr. Paul Kelly  
**Role:** Lecturer in Physical Activity for Health  
**Organisation:** University of Edinburgh  
**Topic:** Case Study- ‘Walking on Sunshine’ and the benefits of walking to mental health

Dr. Tadhg MacIntyre  
**Role:** Lecturer in Sport, Exercise and Performance Psychology  
**Organisation:** University of Limerick  
**Topic:** Walking in Nature - A step towards mental health and a leap towards resilience

Professor Marie Murphy  
**Role:** Dean of Postgraduate Research  
**Organisation:** Ulster University  
**Topic:** How walking is ‘man’s best medicine’

Dr. William Bird MBE  
**Role:** CEO and practising NHS GP  
**Organisation:** Intelligent Health  
**Topic:** The power of walking—an essential community physical activity intervention
Themes and Speakers

Environmental Benefits

Bridgette Hall
Role: Head of Recreation
Organisation: Forestry England
Topic: The connection between green space and better health

Caro-Lynne Ferris
Role: Executive Director
Organisation: Outdoor Recreation NI
Topic: Case Study- How community trails in a green space helped build community cohesion

Dr. Caitriona Carlin
Role: NEAR Health Project
Organisation: University of Galway
Topic: Taking steps to notice nature and nurture health: NEAR Health, NUI Galway and NIPC - National institute for Prevention and Cardiovascular Health

Social Health Benefits

Tony Doherty
Role: Regional Coordinator
Organisation: Healthy Living Centre Alliance
Topic: Case Study: Social prescribing in Northern Ireland

Helen Morrison
Role: Senior Development Officer
Organisation: Paths for All, Scotland
Topic: An insight into the Scottish National Walking Strategy and the learnings from Walking for Health

Mike McClure
Role: Active Outdoors Development Officer
Organisation: Sport NI
Colette Brolly
Role: Lead for Physical Activity
Organisation: Public Health Agency
Topic: Update on walking plans in Northern Ireland

More speakers to be announced...
Walk to the Conference

Those who have walked to the event as part of their travel will be entered into a raffle to win a Cotswold Voucher worth £100.

Tell us if you have walked as part of your travel to the Conference at registration.
Options for travel to the Conference are detailed below. Event organisers encourage and support delegates to leave the car at home and include walking as part of their travel to the Conference.

The clue is in the title of the Conference!

**By Bus:**

Park and Ride
Park and Ride locations - www.translink.co.uk/usingtranslink/parkandride

Park and Share
Park and Share locations allow for car sharing. Many are located next to the bus routes into Belfast Europa Bus Centre www.nidirect.gov.uk/articles/park-and-share

**From Belfast Europa Bus Centre**
From Belfast Europa Bus Centre, walk through Great Northern Mall to Great Victoria Street (beside Europa Hotel). Cross the street to the bus stop opposite the Mall. Take the 8A towards Stranmillis College. Stop on Stranmillis Road just past the entrance to Riddel Hall and walk to the venue (approx 5 mins).

**By Train:**

Train routes to Belfast www.translink.co.uk/timetables

**From Great Victoria Street Station**
From Great Victoria Street Station take the train to Botanic Station. Walk from Botanic Station to Riddel Hall (approx 20 mins).

**By Car:**

There are several options available to park near Riddel Hall although parking at some of the following locations requires a short walk to the venue.

**Option 1**
**Park at Riddel Hall**
There is limited free parking at Riddel Hall. It is on a first come, first served basis. As other events are taking place on the same day at Riddel Hall, it is strongly recommended for delegates to park at other locations.

**Option 2**
**Park at Malone Sports Facilities**
Organisers have secured free car parking for 40 cars at Queen's University, Malone Sports Facilities (Dub Pavilion). Address for parking is Dub Lane, Belfast, BT9 5NB (easy access from the M1 motorway). www.queenssport.com/QueensSport-UpperMalone/.

A free shuttle service will be in operation from Malone Sports Facilities. Minibuses will depart from the front of the main Clubhouse at 8.30am to drop delegates at Riddel Hall. The shuttle buses will collect delegates at 4pm from Riddel Hall and return to Malone Sports Facilities. Please email if you would like to reserve a parking space and shuttle bus: c.saunders@outdoorrecreationni.com.

**Option 3**
A small public car park is located close to Stranmillis roundabout: 194 Stranmillis Road, Belfast, BT9 5DT. From the car park, walk up Stranmillis Road to Riddel Hall (approx 10 min).

**Option 4**
A small public car park is located at Cutters Wharf beside Belfast Boat Club: 12 Lockview Road, Belfast, BT9 5FJ. From the car park, walk up Stranmillis Road to Riddel Hall (approx 15 min).