



# active communities

## Could you be a Volunteer Walk Leader?

**Do you enjoy walking? Do you like meeting new people? Would you like to help others improve their health and wellbeing?**

Freedom Leisure are looking for Volunteer Walk Leaders to help run their Healthy Walks in Arun programme.

Walks run in the mornings, Monday to Friday from various points across the Arun district. Our organised, monitored walks are led by trained volunteers. Walks last no longer than 1 ½ - 2 hours and are around 3-4 miles long, with some shorter routes too. Most of our leaders commit to helping on one walk per week but you can do as many as you like. **We are now also looking for leaders to help run some new weekend walks.**

To become a trained walk leader, all you need to do is attend a FREE training day. Our Cascade trainer will provide you with all the tools you need to be a competent walk leader and make a difference in your local community.

### Course Details

**Date: Wednesday 27<sup>th</sup> April**

**Time: 10.00am-3.00pm**

**Venue: Freedom Leisure, Littlehampton Wave  
BN16 2NA**

If you are interested in taking a place on the course or would like any further information, please call 01903 725451 or email

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