

Did walking make lockdown more bearable for you?

Did the exercise in the fresh air improve your mental health?

Would you like to help other people enjoy this simple pleasure?

Join our enthusiastic and friendly Volunteer Walk Leaders in Southampton who organise and lead walks up to an hour long. They say that leading a group walk is really rewarding.

Our Walk Leaders are:

friendly, patient and encouraging * well organised * punctual and reliable

This is what a Walk Leader does:

- plans the walk including deciding routes and considering risks
- advertises the walk
- welcomes participants and registers them
- briefs participants before the walk
- leads the walk
- keeps records and submits reports regularly
- checks their routes regularly

Planning a new walk will take about 1/2 a day and leading the walk itself will take about 1.5 hours each time. You'll lead walks on a regular basis.

We will give you full training to become a Walk Leader starting off with a ½ day training course near to where you live. It will give you the skills and confidence to organise and lead your own walk. From then on you'll have the support of our Volunteer Co-ordinator plus the other local Walk Leaders. ***Next course May 2021 in Southampton.***

If you enjoy walking, you are active, sociable and reliable, becoming Volunteer Walk Leader could be just for you. We look forward to hearing from you.

For more information contact Helen Fisher, Sustrans Volunteer Co-ordinator.
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