

WANTED:

Volunteer Health Walk Leaders.

Orkney Walking Groups are looking for volunteers (18 years and over) with good local knowledge, community links and willing and able to lead ongoing weekly health walks in their local area.

Health walks are short, safe, social, local, low level walks led by trained walk leaders and are aimed at people who need or want to improve their health and wellbeing by becoming more active.

All walk leaders receive ongoing training and support.

If you would like more information on health walks, benefits of walking/volunteering or are interested in becoming a volunteer walk leader

contact: jessicajones@nhs.net or telephone 01856 888180.

