

FREE Health Walk Leader Training

Become a volunteer walk leader!

Why should I become a walk leader?

As a volunteer walk leader, you would be helping people in your community to get active and healthy, providing vital support that they otherwise might not get. Social walks are a great way for people to not only get outdoors and get active but also interact with others and reduce social isolation.

What experience do I need?

You do not need any previous experience leading walks, all you need is a passion for helping others to get active, and you will learn all the other necessary tools in the training course.



Training Session

Date: Tuesday 26th June 2018

Time: 9:00 – 5:00pm

Venue: Arbury Community Centre, Campkin Road, Cambridge, CB4 2LD

Training will be a mixture of indoor classroom activities and outdoor practical training

Refreshments will be provided but please bring your own lunch with you.

This course is free of charge and volunteers will be able to earn Spice Time Credits when leading community walk sessions.

If you have any questions or to register your interest contact Hannah, Active Lifestyle Officer (Cambridge City Council) on letsgetmoving@cambridge.gov.uk or 01223 458645