

Volunteer Walk Leader

Walk for Health – Stockport.

Description:

- Leading the walks (take part in free leader training)
- Ensuring everyone feels included
- Volunteers must be friendly, fit (for longer walks), and be able to lead a group
- Helping organise the walk routes

Location:

- Abney Hall wanderers meet every Tuesday at 1:30pm, by Abney Cafe.
- Mooch and Mingle meet every Thursday at 12:30pm, (in the summer) in Alexandra Park by the picnic benches near the car park, (in the winter) inside the pavilion building by the bowling green.
- Woodbank wanderers meet every Thursday at 1pm by Vernon park cafe

About Walk for health Stockport:

We are a bunch of friends who became an official constituted group last year, who offer walking groups for all.

Mooch and mingle is suitable for people who have limited mobility. In the summer they meet by the picnic benches. Some go for a short walk guided round the reservoirs, whilst others who may have limited mobility stay sat on the benches mingling with others.

Abney Hall wanderers is suitable for people who like to go for walks of short distances and that are not too strenuous. There are some steps, but no hills or mountains. The walks usually last between 40-50 mins. Then stop by the café afterwards to have a brew and chat.

Woodbank wanderers is suitable for people who are fit and able to go for longer walks. This group can sometimes be out for 3-4 hours. They wander to Reddish Vale country park some weeks and even trips out to Lyme Park.

Walk For Health Stockport are unique as they cater for all. They wanted to create walking groups that would be suitable for anyone and everyone. They offer a welcoming environment for those who want to get out and exercise in a pace that suits them, but also meet new people and make friends at the same time. People can mix and match and attend all 3!

If you'd like to volunteer please contact: 07800546711

breegeplynch1964@gmail.com and for mooch and mingle volunteers

contact 07841747352 Babs_cunliffe@sky.com

