

Volunteer with Thurrock Healthy Walks

lead the way

We are looking for volunteers to lead and assist with walks in the borough and develop new walking routes

Share a love of walking and help others live happier and healthier lives. If you want to get active, meet new people and make a difference in your community then we would love to hear from you.

Everyone who volunteers will be supported by our Healthy Walks Coordinator in creating walks to suit people with a variety of needs. Volunteers will be given our full support in how to set up and establish the walks.

FREE training provided to become a health walk or buggy leader which will cover;

- how to motivate people through walking to live happier, healthier and more active lives
- what a health walk is and how to run one
- creating fun informative walks
- highlight the benefits of activity

For more information

visit thurrock.gov.uk/volunteering-vacancies
or email volunteering@thurrock.gov.uk