

At **Community360** we understand the importance of motivating people to keep active, particularly post lockdown when people have become isolated and this in turn has affected their mental and physical well-being.

We are always looking for **volunteers** to support our walks. Please see below.

Walking plays such an important part in keeping us both physically and mentally fit.

This role will be both a supportive and encouraging role, as we want to ensure everyone feels happy and confident to take part, whatever their walking abilities or experiences.

You will be supported and offered training, but would also be expected to manage the walks independently, once you feel confident to do so.

Within the Braintree District, currently we hold walks in Finchingfield, Witham, Coggeshall, Shalford, and Halstead. We also cover areas in Colchester. We are always looking to expand our walks, so if you are able to help out in a certain area, then please do get in touch.

Skills

You will need to be active and have an understanding of the importance and benefits of being outside in nature.

A good communicator and listener, treating everyone with respect and being non-judgemental at all times.

The walks are not hikes and there will be mixed abilities, so you will need a flexible approach.

Please contact Jo Bryant on 01206 505250 or email jobryant@community360.org.uk

<https://www.volunteeressex.org/opportunities/walk-motivator-12179/>