

Volunteer – and help others

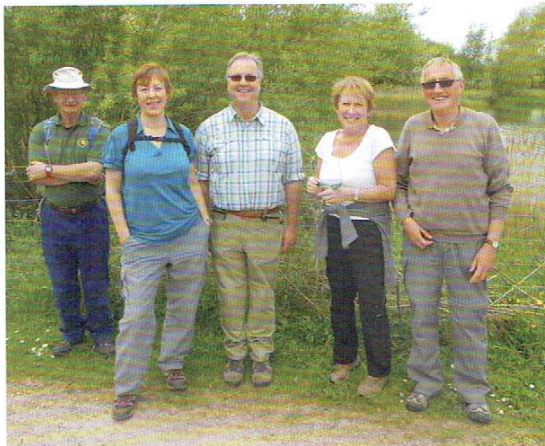
The work volunteers do is very valuable to the people and organisations they support. Volunteering involves spending unpaid time doing something to help other people or groups, other than (or as well as) close relatives. Evidence suggests that volunteering brings health benefits to both the volunteers and the people they help.

A local walking for health group, Move and Mingle, is looking for volunteer walk leaders to join them in leading walks across Rushcliffe.

They lead walks for many reasons... here's what they said...

- 'It's about giving something back to the community'
- 'I like walking and being outdoors, and I get some exercise at the same time'
- 'When I retired, I wanted to help out in my community in some way'

If you're interested in becoming a walk leader, or taking part in the local walks, visit: www.walkingforhealth.org.uk/walkfinder/east-midlands/rushcliffe-health-walks or ring Duncan, Move and Mingle Chairman on 07969 330846 or Simon, on 07976 631194 or email RushcliffeMandM@gmail.com



Pictured left to right: John, Jan, Duncan, Jill and Harry all lead walks in Lady Bay, Rushcliffe Country Park and Cotgrave.



Walkers out and about at Rushcliffe Country Park.



RUSHCLIFFE Reports

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