walking for health

lead the way

Volunteer with your local Walking for Health scheme

We want everyone to live happier and healthier lives. Help us achieve this by volunteering with Stepping Out in Suffolk, your local Walking for Health scheme. We need people to lead or assist with walks, develop new routes and complete required paperwork. Full training and support is provided.

If you want to get active, meet new people and make a difference to your local community, we'd love to hear from you:

Contact: OneLife Suffolk

Tel: 01473 718193

Email: info@onelifesuffolk.co.uk

Website: www.onelifesuffolk.co.uk

WE ARE MACMILLAN. CANCER SUPPORT

ramblers

One Life Suffolk

Health WALKS

Supporting you to get active and stay active