

Volunteer **Activity Buddies** required

- Are you interested in Sport and Physical Activity?
- Can you spare 1 hour a week during the day-time?
- Do you want to give something extra during your leisure time?

If the answer to any of the above questions is 'Yes!' then we need you!

.....we are looking for volunteers to support disabled people and help them access sport and physical activity.

As an 'Activity Buddy' you will be supporting and motivating disabled people into getting active. You don't need any qualifications you just need to be friendly and approachable.

INDUCTION SESSION

Monday 19th July

1.30pm - 3pm Park Suite 2

Fleming Park Leisure Centre

Passfield Ave, Eastleigh, Hants. SO50 9NL

To sign up email daisybrookman@yahoo.co.uk or call Daisy on 07795 805208.
You must be available for the Induction Session.

