

our VOLUNTEERS

Sign up and volunteer today, and make a difference to someone's life as well as your own, simply by walking and talking!

"I appreciate my health so much, and really strive to look after myself and help others. Our walks are just as lovely for me as they are for Craig."

Laura - Move Mate Volunteer

Benefits for volunteers:

- company and a chat!
- exercise and fresh air
- boost your mental health
- break from work or everyday life
- do something good in the world

All volunteers will undergo a DBS check, require a character reference and complete our comprehensive online training before being assigned to a pairing.

Find out more and sign up at
www.movemates.org.uk

Email info@movemates.org.uk

Call 01904 373017 (York) 01138 730327 (Leeds) 01917 166637 (Durham)



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Move Mates is run by Move The Masses, registered charity no. 1179479



A walking buddy project

Connecting you with
local people and places

What is Move Mates?

Move Mates is a walking buddy project. We pair people who struggle to get out on their own with one of our trained, friendly, local volunteers to meet regularly for a walk.

People have all sorts of reasons for becoming inactive, housebound or losing confidence. **We support a wide range of adults of all ages who:**

- are lonely or socially isolated
- are lacking confidence
- are recovering from illness or injury
- are facing mental ill-health
- have sensory impairments
- have a fear of falling
- living with dementia

Regular walks boost people's confidence as well as improving physical and mental health outcomes.

How Move Mates can help?

- reach a goal such as walking for a certain time or distance
- feeling happier through having regular company
- gaining independence to walk to local places
- increasing confidence to go out or access local activities
- improving your mood through connecting with others

our PARTICIPANTS

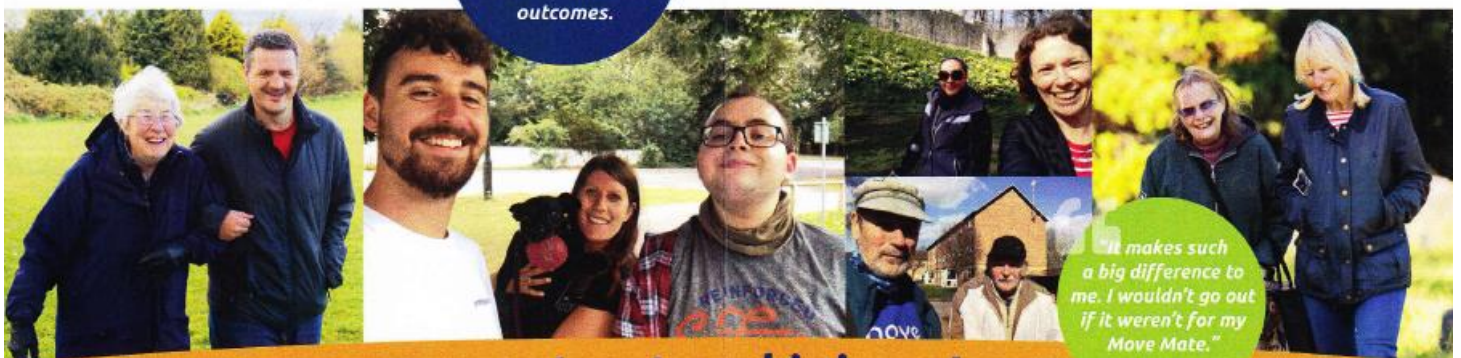
Our wonderful volunteers can give you the confidence to get out of your house and go for a weekly walk – for any purpose!

Benefits for participants:

- have some company and a chat
- build stamina
- reduce anxiety
- improve heart health

"It has increased my dad's confidence and wellbeing as he now has this weekly walk to look forward to... it's opened up his interests and friendship."

- Lisa



"It makes such a big difference to me. I wouldn't go out if it weren't for my Move Mate."

name - participants

get out and join us!