

Volunteer for us and become a Multi-Skills Activator



We're looking for volunteers to help us run various exercise classes around Worcester:

- We will send you on a free certified training course delivered by Sports Structures.
- You will gain a level 1 Multi-Skills Activator qualification.
- Once qualified you will plan and deliver chair-based exercise and physical activity games.
- We will expect to run weekly, fortnightly or monthly sessions.

For more information, call

01905 724294

email info@ageukwd.org

or visit www.ageuk.org.uk/worcesteranddistrict



Find us on

