

Anne became a walk leader when she retired in 2013 and leads the health walk on Friday's at the Botanic Gardens.

' I enjoy being outdoors and knew that getting out into nature, meeting and having a chat with other folk and getting your body on the move was good for health in a holistic way, mentally as well as physically, and I wanted to play my part to help others.



It's only an hour a week with occasional updates which are a laugh and good opportunity to meet other leaders and learn from each other. The support from Glasgow Life is great - the newsletter keeps me informed about stuff all over Glasgow that I've taken advantage of. I can kid the dog that it's too wet for a walk but I can't let my walkers down, so it makes me get out regardless of the Glasgow rain! Oh, and the chocolate Santas' at Xmas aren't bad! If there are any problems we get in touch with the team and get support straight away.

Anne's advice to people thinking of becoming a volunteer walk leader would be 'Go on a couple of walks near to you to feel for it. Get the training, then be the walk leader you want to be, enjoy your walker's and go to the updates.'