



Are you looking to learn new skills and help bring your community together? Do you believe that doing a little bit of activity everyday can help improve your physical and emotional wellbeing?

We think you sound like just the person to become a Community Mile Champion! We will work with you to gain knowledge and skills to deliver an exciting and engaging 'Mile' in your community, then we offer you 1-2-1 support to make it happen!

**What is a Mile?** – A Community Mile is 15 minutes of activity, delivered by YOU, for YOUR community – it helps people come together to connect and do #YourMileYourWay!

If you would like to find out more, please feel free get in touch, [hayley.noel@masonfoundation.co.uk](mailto:hayley.noel@masonfoundation.co.uk)

Due to the funding we have, we need individuals to let us know by Friday 21<sup>st</sup> July 2023 so we can complete training by end of July 2023 ready to deliver in August 2023.

***The Mason Foundation are passionate and dedicated to supporting vulnerable communities and individuals, to live happier, healthier, and more fulfilled lives. Core to our mission is supporting individuals to reach their own full potential and thrive in life.***

*Through our programmes, we aim to reduce inequalities, supporting those most at need, adopting a person/community-centred approach. People are very much at the heart of everything we do, through training, supporting, and empowering individuals to make positive change.*