

# Sighted Guiders for NEW Rambling Group Wanted

Make a positive difference for people living with sight loss and sign up to be a sighted guide today.

We are starting a new rambling group in the Arun/Chichester/Midhurst area, after having a very successful group in Mid-Sussex for several years. A sighted guide is required for each visually impaired walker, so please consider volunteering for this role (full training provided).

Walks will take place once a month on a Wednesday morning, followed by a pub lunch. They will be coastal or country walks of around 4 miles.

Many people living with sight loss are fit and frustrated by the inability to safely access the countryside, so this healthy exercise plus social activity is incredibly beneficial and will also be thoroughly enjoyed as a sighted guide.

## What will I do?

You will need to:

- Have passion to make a positive difference in peoples lives
- Be comfortable in walking approx 4miles
- Be available once a month on a Wednesday morning
- Register as a 4Sight Vision Support volunteer (a quick and easy process)
- Attend a short free training session locally with a My Guide trainer



To join the volunteer team, or find out more, please contact:  
Naomi Towns (Area Clubs & Activities Coordinator)

**Call:** 01243 828555

**Or Email:** [naomi.towns@4sight.org.uk](mailto:naomi.towns@4sight.org.uk)

Registered Charity Number 1075447 Registered Company Number 3740647

**4 Sight**   
vision support