



ON MY FEET – RUN BUDDY

[On My Feet](#) is a volunteer-led initiative providing pathways to education and employment for men and women dealing with or at risk of homelessness based on their commitment to running with their community.

“Running requires goal-setting, commitment, hard work, perseverance, and a positive attitude. Developing these skills through a program can lead to access, via On My Feet, to training, employment opportunities and a better quality of life. Most importantly, it aims to break the cycle of welfare dependency, develops a strong sense of community, and self-worth as well as improving physical and mental well-being”.

If you are a runner, you may like to join our residents, encouraging them and offering the benefit of your running experience at a training session currently held at Langley Park. Some people prefer to walk, or do other types of exercise as part of the session, so marathon experience isn't necessary!

Supported by the [Ladder Development Coach](#), this role would suit anyone who can commit to the training sessions, and help mentor and encourage young people taking part in the initiative.

To take part in this opportunity, you should register on our website on the volunteering page, which you can find here <http://foyeroxford.org.au/get-involved/volunteering/registration-form>

Once you've done that, we can help you with your Working with Children Check (WWCC) application and do a National Police Clearance on your behalf. We will also talk about what days and times you want to get involved.

Where:

Training sessions: Langley Park (End of Hill Street)

When:

5.30pm Monday, Wednesday, and Friday

For more information:

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