Volunteers lead the blind to run and call for attention on their physical and mental health

At 6 a.m., in the Olympic Forest Park in Beijing, China, volunteers from “He Yajun Blind People Helping Organization” begin to guide blind people to run.

“He Yajun Blind People Helping Organization” is a non-profit public service organization which is founded by a blind man named ‘He Yajun’ in 2015. This group aims at encouraging blind people to come outside and doing enough exercise to keep their physical health instead of staying in their home.

In fact, although blind people’s rights have already been protected by laws and their life are also supported financially by welfare from government, their real lives are still monotonous and dull.

“Blind people are less likely to go outside because we can not see and can not aware some dangerous conditions,” Li Xinchao said, who became blind at 17 years old. “We always lack social activities and often stay at home, so we feel isolated and boring indoors,” said by Li.

Fortunately, there are groups like “He Yajun Blind People Helping Organization” that concentrate on blind people’s body and mental health.

This organization builds a great volunteer group that consisted by people of different professions. The majority of those volunteers are sports enthusiasts, who also enjoy devoting their effort into public welfare.

“I run every morning in Olympic park and I noticed this organization one day,” said by Luo Jiali, who is now the leader of the running team, “I think it is very meaningful to help blind people to come outside, so I applied for joining in this group immediately.”

Guiding running is their principal daily work, additionally, marathons and emergency treatment courses are also included in their blind helping volunteer work.

At 6 a.m. every Wednesday and Saturday, volunteers and their blind friends gather at the south gate of Beijing Olympic Forest Park. After doing some warming up activities, the five-kilometer long distance run begins.

Blind people are served one on one by volunteers, their hands are linked by a string, which tells blind people directions of roads. Through the whole running process, volunteers take good care of blind runners and water and sports beverages are provided for them to maintain their physical strength. After running, stretching exercise is arranged by workers for blind people to relax their muscle.

Both of blind people and volunteers benefit a lot from this process.

Li said, “Running do improve my physical and mental health, I get cold less after running every week.”

He also mentioned that, “Besides running, volunteers also take us to homes for aged to do volunteer works like blind massages. These activities made me more responsible and confident because we can even repay the society instead of merely receiving help.”

Volunteers gain love and happiness. “We become good friends ,even like a big family,” said by Luo, “We make dumplings together and share our food during holidays, that is the most joyful moment I have.”