

Volunteer Role Profile

Volunteer Role	Wellbeing Walks Leader
Volunteer Manager	Wellbeing Walks Coordinator
Where you will be based	Community

Why we want you

From our creation our aim has been to give people the confidence to get out walking and enjoying the outdoors in a safe way and help people be healthier. To do this we need people to share their enthusiasm for the benefits of walking with others in their community by leading walks in your local area. You'll work with the Coordinator, Walk Assistants and other Walk Leaders in your area to deliver a range of accessible walks that enable people to bring activity into their lives and feel the benefits. We want everyone to have access to a short, friendly group walk within easy reach of where they live to help them become and stay healthy.

What you will be doing

- Working with the Coordinator(s) to plan suitable walks
- Agreeing and committing to dates to lead walks on
- Giving the coordinator all the information they need to add the walks online
- Checking and risk assessing the route before and during the walk
- Welcome and include all walkers on the walk
- Being responsible for the group during the walk, making sure everyone is kept safe and accounted for
- If any accident or incident happens on the walk, report it quickly

The skills you need

- Experience of walking in your local area or community
- People person, able to welcome and include people in a group setting
- Good communication skills and able to build a relationship with all sorts of people

What's in it for you

- Access to training
- Support and advice from other Walk Leaders, Walk Assistants and Coordinator
- Being part of a friendly group
- Helping people access and explore their local area
- Helping people meet new people and make new friends