

## **Volunteer role - Wellbeing Walk Leader**

Do you love the outdoors? Want to make a difference to others?

We're looking for people to help guide regular Wellbeing Walks in the local area.

### **What are Wellbeing Walks?**

Wellbeing Walks are England's largest network of health walk schemes, helping all kinds of people to lead a more active lifestyle.

Our walks are led by friendly people, specially trained for the job. Along with fellow walkers, our walk leaders provide all the advice and encouragement a new walker needs to build fitness at a pace that's right for them.

In just a short time, a small amount of regular exercise can significantly improve a person's health, well-being and confidence.

Wellbeing Walks are part of the Rambler's Association network and administered locally by Beds RCC.

### **Walk Leader's Role Description**

We are looking for people to become Wellbeing Walk leaders to support existing walks and to set up new walks. Each Wellbeing Walk has a small group of leaders who between them take on a number of tasks. These include:

- Choosing and checking walking routes
- Promoting the walks in the local area
- Guiding the walk or joining the walk as a backstop
- Making walkers feel welcome
- Undertaking some admin tasks including taking a register and putting together a risk assessment.

### **Skills & Experience**

Full training will be given, which includes an hour-long online module followed by a training session in Bedfordshire.

This role would suit someone who enjoys walking and being outdoors, and who is friendly and welcoming. In addition, we hope that our walk leaders are:

- able to communicate well with others;
- observant and sensitive to the needs of others;
- reliable, punctual, honest and well-organised;
- able to work independently – but with guidance and support;
- confident at speaking in front of small groups;
- able to take control and be assertive when needed;
- able to recognise your own limitations.

## **Benefits to you**

Here are just some of the benefits you'll enjoy by becoming a walk leader:

- enjoyment and satisfaction in helping others to realise the benefits of walking;
- full training in a key volunteer role for a nationally-recognised and well-respected scheme;
- access to Wellbeing Walk resources and equipment;
- opportunity to develop your leadership, people management and other skills;
- opportunity to meet new people – including like-minded volunteers;
- opportunity to discover more of your local area and spend time outdoors;
- opportunity to be more physically active yourself.

## **Time required**

Most walks are short, so including travelling, preparation and paperwork, leading a single walk near home usually takes around 2-3 hours, plus 'recces' and occasional meetings and refresher training.

We expect our leaders to lead at least one walk per month, depending on the programme and the number of leaders the Wellbeing Walk has.

## **For more information**

Please contact Mike Fayers – email [mikef@bedsrcc.org.uk](mailto:mikef@bedsrcc.org.uk) or call 01234 832619