

Thurrock Council volunteer role description

Healthy walks leader

Supported by	Healthy Walks Co-ordinator
Role summary	Share a love of walking and meeting people on group walks in a welcoming, safe, responsible and enjoyable way. Help contribute to health improvement and reduce health inequalities by leading walks within the Healthy Walks programme, which provides walks inclusive to the whole community.
Location	Areas around Thurrock to be agreed with the Healthy Walks Co-ordinator.
How to apply	Complete the application form at www.thurrock.gov.uk/volunteering

Tasks and responsibilities

You will be expected to:

- lead safe and enjoyable walking sessions
- help people know how to heath-walk to meet their own needs
- be a walking ambassador and promote the benefits of walking
- assist with filling-in and returning health questionnaires and registers
- familiarise yourself with the route before the walk
- take part in events and meetings to promote health walks and the benefits of walking
- attend update sessions, as required

Skills and experience

You must:

- have a passion for walking and the ability to emphasis with the walkers attending your walk
- have good communication skills and a friendly nature
- be able to answer questions and issues with good humour
- be able to keep the group together and remain calm during any unforeseen circumstances

Time commitment

To be agreed with the healthy walks co-ordinator. When due to lead a walk, you will be expected to commit to the date and advise in good time if circumstances change.

Support you will get

We will:

- reimburse expenses, as agreed
- provide induction training
- provide relevant training and development
- provide on-going support

This role does not require a Disclosure and Barring Service (DBS) check.