

Healthy Walks Volunteer Role Description

Role Title: Walk Leader

Supported by: Healthy Walks Co-ordinator

Role Purpose: Share a love of walking and meeting people on group walks in a welcoming, safe, responsible and enjoyable way. The role helps to contribute to health improvement and to reduce health inequalities within the Borough by leading walks within Thurrock's Healthy walking programme which provides walks inclusive to the whole community.

Location: Areas around Thurrock to be agreed on by Healthy walks co-ordinator and volunteer

Tasks and responsibilities

- To lead safe and enjoyable walking sessions.
- To help people know how to health 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, meetings or network meetings to promote health walks and the benefits of walking.
- Attend update sessions as required.

Skills and experience

- A passion for walking and the ability to emphasis with the walkers attending your walk.
- Good communication skills and a friendly nature, be able to answer questions and issues with good humour.
- To 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, will be expected to commit to the date and advise in good time if circumstances change.

Council's commitment

- Recognition as a valued volunteer and respect for time, expertise and experience that you will bring to the team.
- Access to information and advice, any relevant training will be given.
- Reimbursement of agreed expenses.

This role does NOT require a Disclosure and Barring Service (DBS) Check.