

Listen and Connect Walk and Talk Volunteer

The Walk, Talk and Bike volunteer will be part of a team that support people to live well in and around their homes. The service has been developed in response to the levels of isolation and loneliness experienced as a result of COVID-19, and to increase levels of physical and mental wellbeing. It provides people with basic advice, guidance, and for many, a friendly chat. We offer those that use our service the opportunity to meet us for 1:2:1 or small group walks and cycling session. The aim is to progress people on to larger community type activity groups.

Volunteering with Listen and Connect, you will be helping people in the community to get active, and increase their confidence to join new groups and reduce levels of isolation. As well as ensuring sessions are friendly, safe, and well run. You are also our ambassadors for walking – showing people that walking really can make a big difference to their lives. On the sessions, you could do anything from welcoming participants and giving the briefing talk, to registering people on our software, to providing meaningful feedback to our core team. With ongoing experience in this area it may be that you will take on the role of leading sessions, with appropriate support from staff.

As a Listen and Connect Volunteer, you can expect:

- A fun and welcoming team
- Full training and induction to volunteering on the project and each walk/ride
- To be kept in the loop about plans for the project and good news stories
- Access to our wellbeing services as a member of the team
- Expenses, including mileage covered in line with our volunteer policy
- To always have a point of contact should you have any questions
- The opportunity to build skills and confidence through an individual development plan

We are looking for volunteers who:

- Are kind, calm and considerate
- Have an understanding of the varying access needs in the community
- Are confident and comfortable initiating conversations
- Are able to identify and respect boundaries with a range of individuals
- Are empathetic and know when to listen and when to take lead.
- Are punctual and reliable.

If you have experience working with people in a health and social setting, this role is perfect for you

Walks take place at variable times
between 9 – 5, Monday – Friday.
We ask that volunteers can attend once a
week, with at least 7 days notice.

[Click here to be directed to our application form,](#)
or visit: <http://btr.im/3si5t>