

## Walk Session Support Volunteer

The Active Wellbeing Society support a variety of walks. They are a great way to encourage people to be physically active, socially active and to connect with nature. People attend walks for many different reasons and no two groups are the same. Some are prescribed walks through our social prescription service for physical and or emotional wellbeing whilst other groups are set up and open to all. For some walks are a first step into activity or a first step back out to being active.

**Volunteering with the Walking Team** you will be helping people in the community to get active, increase their confidence to join new groups and reduce levels of isolation. You will support the walk leader to ensure walks are friendly, safe, and well run, walk leaders and volunteers are also our ambassadors for walking - showing people that walking really can make a big difference to their lives.

### **As a Walking Volunteer, you can expect:**

- A fun and welcoming team
- Full training and induction to volunteering on the project and each walk
- To be kept in the loop about plans for the project and good news stories
- 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're looking for someone who has:**

- Excellent communication skills
- The ability to empathise and support individuals
- Reliability and time-keeping skills
- Enthusiasm for the outdoor environment and your specialist activities
- Patience and tolerance towards those lacking in confidence
- A calm and reassuring demeanour

**If you would like to support your local community in being more active,  
you're exactly who we're looking for!**

### **When & Where:**

**Various locations across the city**

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