

Walking Book Group Support Volunteer

The Book Project was initiated during one of the lockdowns of Covid-19 to address various issues: Closure of libraries so no access to free books, closure of charity shops so no where to take no longer wanted books and a need to stay active but a lack of motivation by many to continue to do so. Putting free books into book boxes for people to have access to gave and still gives a reason for people to take a walk, run or cycle. Why not reward yourself with a free book.

As things have opened back up The Book Project continues, supporting people to connect with their neighbours and fellow book worms, encourage physical activity with book boxes being placed where possible near parks and green spaces and also with the development of walking book groups. A walk and a talk with a subject to get you started with. We also offer a small service of delivering books to those who are unable to get out and about, with a smile and a chat on the doorstep.

Volunteering with the Book Project 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 project to ensure activities are friendly, safe, and well run. Your role will include:

- Understanding and being aware of risk assessments for walks and sessions
- Support in welcoming walkers and readers
- Supporting the walk leader in managing the walks ensuring any issues are reported promptly and that no one is left behind.
- Attending occasional meetings and refresher training
- Following any specific procedures for the sessions ie. Covid-secure measures and leading by example.
- Reporting any accidents/incidents to the session leader who will write up the incident reports

We're looking for someone who has:

- Ideally an up-to-date first aid qualification
- Excellent communication skills
- The ability to empathise and support individuals in situations which are physically and emotionally demanding
- Reliability and time-keeping skills
- Enthusiasm for the outdoor environment and your specialist activities
- Patience and tolerance towards those lacking in confidence or behaving in a challenging way
- A calm and reassuring manner

As a Book Project 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
- 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

When & Where:

Various locations across the city

[Click here to be directed to our application form,](#)

or visit:

<http://bttr.im/3si5t>