

Running Session Support Volunteer

The Active Wellbeing Society support a variety of run sessions. They are a great way to increase fitness, encourage people to be physically active, socially active and to connect with nature. People attend runs for many different reasons and no two groups are the same. Some may be specifically designed for beginners or those starting out, some for the more advanced runner and some mixed groups with a greater focus on the social aspect. Runs are not only used for the physical benefits but also for mental and emotional wellbeing too.

Volunteering at the running sessions you will be supporting the Run Leader with welcoming all runners to the session and ensure all participants are signed up & registered and NHS track and trace procedures are followed

As a Running Session Volunteer, you can expect:

- A fun and welcoming team
- Full training and induction to volunteering on the project and each task
- 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 is:

- Enthusiastic and friendly
- Willing to lend a hand to whatever may come their way.
- Has an interest in running, and understanding the benefits running can bring to improve people's mental and physical wellbeing.

If you're confident and willing to lend a hand, 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>**