# Running/Walking Volunteer
## Walking Session Support Role

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 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**

**SIGN UP ONLINE**