

Walk Leader Volunteer

The role

We're looking for friendly individuals who like walking, chatting and would like to become a volunteer walking leader.

As a **Walk Leader Volunteer**, you'll be helping people in your community by promoting positive physical and mental health, through supporting and leading local walks. As well as this, you'll make sure walks are friendly, fun and safe for all walkers. Plus, you'll learn about the impact of walking and nature for health and wellbeing.

This role will be based at our Centre and the surrounding local areas.

Key tasks

- Help to lead local walks with group of parents and carers.
- Observing walkers for safety.
- Making all walkers feel welcome, especially if they are new.
- Making sure walks are welcoming, friendly, enjoyable and safe: following guidelines.

Specific skills

We are looking for someone with the following skills, knowledge and experience:

Essential:

- Good people skills and friendly nature.
- Good listener and sensitive to the needs of others.
- Ability to work as part of a team.
- Caring, motivated and courteous.
- Ability to follow instructions, as well as health and safety guidelines.
- Reliable, punctual, honest and well-organised.
- Comfortable leading walking group for up to 1 hour.

Desirable:

- Experience in walking groups (as a walker or a leader).
- Knowledgeable about our Walk This Way group.
- Knowledgeable about the basics of the benefits of walking (can be from personal experience).

Support and training:

- All volunteers receive regular support and supervision meetings throughout their time with Dr Bell's Family Centre.
- All volunteers will receive inductions before starting.
- Any relevant training that may be required will be identified and offered to volunteers.

What you will gain from this opportunity

- Volunteers receive relevant training and an induction before starting their role.
- Ongoing support, guidance and monthly supervision meetings throughout your time at Dr Bell's Family Centre.
- Opportunity to develop leadership, people management and other skills.
- Opportunity to discover more of your local area and spend time outdoors.
- Opportunity to meet new, like-minded people.
- Opportunity to give back to your community and help to promote positive physical and mental health.

Availability and commitment

You will need to commit to Mondays for 7 weeks, which will be arranged with the Engagement Officer. If there are any sessions that you can't attend please link with the Engagement Officer.

Other requirements

Volunteers must be at least 18 years old.

Recruitment process:

This position is subject to a Basic Disclosure check and one satisfactory reference.

Application forms to be returned to:

Vicki Colquhoun on: vicki@dbfc.org.uk

You can also drop your application off at our Centre:

15 Junction Pl, Edinburgh EH6 5JA during 9am – 4pm.