

Healthworks Walk Leader Volunteer

Role Description

We are looking for passionate, caring, and confident individuals to become Wellbeing Walk Leaders Volunteers. As a Walk Leader Volunteer, you will play a vital role in promoting physical activity and fostering community well-being by leading free wellbeing walks for users of Healthworks. These walks offer an alternative physical activity option aimed at enhancing both physical and mental health. Your commitment to leading weekly walks will provide participants with opportunities for exercise, social interaction, and enjoyment of the outdoors. This volunteer position involves leading group walks, providing support, encouragement, and fostering a positive and inclusive environment for participants.

Responsibilities:

1. **Leading Walks:** Lead weekly wellbeing walks in the community, guiding participants along designated routes and ensuring their safety and well-being throughout the activity.
2. **Promoting Wellbeing:** Create a supportive and inclusive environment during walks, encouraging participants to engage in conversations, share experiences, and support each other's well-being, whilst adhering to established guidelines and safety protocols.
3. **Communication:** Effectively communicate walk details, such as meeting points, routes, and any safety considerations, to participants before each walk.
4. **Supporting Others:** Provide support and encouragement to participants, particularly those who may require additional assistance or motivation to participate in physical activity.



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5. **Motivational Leadership:** Inspire and motivate participants to maintain regular attendance and engage in physical activity as part of their overall well-being goals.
6. **Team Collaboration:** Collaborate with other volunteers and staff members to ensure the smooth running of wellbeing walks and contribute to the overall success of the program.
7. **Ambassador:** Serve as an ambassador for the Healthworks, promoting its mission and values within the community.

#### Requirements:

1. **Commitment:** Volunteers are expected to commit to leading weekly wellbeing walks on a regular basis, ensuring consistency and continuity for participants.
2. **Leadership:** Ability to lead and guide groups of varying sizes during walks, demonstrating confidence and assertiveness.
3. **Approachable:** Friendly and approachable demeanour, making participants feel welcome and comfortable during walks.
4. **Effective Communication:** Clear and concise communication skills to convey walk details and instructions to participants.
5. **Supportive Nature:** Empathetic and supportive attitude towards participants, offering encouragement and assistance as needed.
6. **Motivational:** Ability to inspire and motivate others to engage in physical activity and prioritise their well-being.



- 7. Understanding:** Understanding of the importance of physical activity for overall health and well-being, as well as the benefits of outdoor recreational activities.
- 8. DBS Check:** Willingness to undergo a basic Disclosure and Barring Service (DBS) check.

### Join Us:

Join us in our mission to promote health and wellbeing within the community by becoming a Volunteer Walk Leader. Together, we can make a difference, one step at a time. Apply now and embark on this rewarding volunteer journey with us.

### Benefits:

- 1. Training:** Receive free walk leader training to provide you with the necessary skills and knowledge to lead wellbeing walks effectively, as well as accredited training on safeguarding, diversity and inclusion amongst others.
- 2. Community Impact:** Make a positive impact on the community by promoting physical activity, social interaction, and well-being among participants.
- 3. Personal Development:** Enhance your leadership, communication, and teamwork skills through volunteering as a wellbeing walk leader.
- 4. Networking:** Connect with like-minded individuals and build meaningful relationships within the community through your involvement in the wellbeing walk program.
- 5. Free Gym Membership:** Volunteers will receive free memberships to use the onsite gym facilities.



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6. **Expenses covered:** All commuting travel costs and refreshments are covered and can be claimed back.

Application Process:

To apply for this volunteer role, please submit your application expressing your interest and outlining relevant experience and skills. The application forms can be found on the [volunteering page of our website](#) or at our Healthworks Centres in Benwell or Lemington. Shortlisted candidates will be invited for an informal chat to discuss suitability and expectations further.

Further information and contact details:

- Visit our website: www.healthworksne.org.uk



SCAN ME

- Email: afifa.ahmed@hwn.org.uk
- Visit The Health Resource Centre:
Adelaide Terrace, Newcastle upon Tyne, NE4 8BE, 0191 272 4244
- Visit The Lemington Centre:
Tyne View, Newcastle upon Tyne, NE15 8RZ, 0191 2641959



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