

## Volunteer Role: Walking Volunteer

### County: Bridgend County Borough

We couldn't run our walks without our volunteers. Every day they're supporting people to live happier, healthier lives through short group walks.

From volunteer walk leaders to admin and promotion roles, our volunteers do fantastic work to ensure as many people as possible enjoy and benefit from walking. We'd love for you to be a part of that too.

Whether you're a keen walker, you're looking to start getting more active or you want to develop your administrative skills, we've got opportunities for everyone.

### What will I be doing?

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As a volunteer walk leader, you'll be helping people in your community to get active and healthy, providing vital support that they otherwise might not get. Plus you'll stay active, develop your leadership skills, get to know your local area and meet lots of new people.

#### *What do walk leaders do?*

During a walk, walk leaders are at the front, middle or back of a group - making sure everyone is safe and happy. They plan routes, support walkers and act as ambassadors for walking - showing people that walking really can make a big difference to their lives.

You'll also receive ongoing support and guidance from Wellbeing coordinator and from the wellbeing team, and access to equipment to help you fulfil your role.

#### *What skills do I need?*

The main skill we need from our volunteer walk leaders is an enthusiasm for walking and its benefits!

You don't need any particular experience, but we love our leaders to be friendly and welcoming, with good communication skills; reliable, punctual and well organised; confident at speaking in front of small groups; able to take control and be assertive when needed and observant and sensitive to the needs of others.

#### *How much time do I need to give?*

Most of our walks are short, around an hour or less. Including travelling, preparation and paperwork, leading a single walk close to home typically takes around 1 and a half to 2 hours, plus recces, occasional meetings and refresher training.

Your Role will include:

- Ability to work with people who may have offending behaviour, substance use and/or mental health, with sensitivity and respect. We particularly welcome applicants with experience of using and moving on from support services.
- Willingness to attend training to develop you in your volunteer role.

## What skills and qualities can I bring to this role?

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- Passionate about providing activity sessions
- Able to commit to a regular timeslot of your choosing each week.
- Previous experience of group facilitation is desirable but by no means essential.
- Understanding of the causes of mental health and its impact.
- Ability to work with people who have range of mental health issues, with sensitivity and respect.
- Willingness to attend accredited training to develop you in your volunteer role
- 18yrs +

## When will I be needed?

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Flexible according to your availability (Minimum of 3 hours a week) Available Monday to Friday

## Location

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Opportunity to attend our 5 Wellbeing Hubs throughout the Bridgend County Borough.  
Must be willing to drive and organise your own transport

## What will I gain from the role?

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- Experience working for one of Wales's Leading Mental Health Charities in a marketing role.
- Be part of an ever growing team supporting new and exciting services supporting those affected by mental health.
- Personal satisfaction from helping MHM Wales fight the stigma and discrimination associated with Mental Health.
- Learn new skills.
- Meet new people and strengthen your local community.
- Can help with CV and personal development
- Additional accredited training provided
- Out of pocket travel expenses will be reimbursed.

## What support will be given?

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- Induction training to prepare you to volunteer and access to additional training
- Regular Supervision and support from the Volunteer Manager.
- Opportunity to attend MHM Wales team meetings
- There is a dedicated Volunteer Services team to support your volunteering

## How do I apply?

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Please contact the Michelle Williams on 0300 10 249 70 or [volunteering@mhmwales.org](mailto:volunteering@mhmwales.org) for an application pack.