



Irish Community Services  
*Keeping Our Community Connected*



Funded by

**TRANSPORT  
FOR LONDON**

In partnership with

**LONDON MARATHON  
CHARITABLE TRUST**

## **ACTIVE AGEING WEEKLY WALKING GROUPS**

### **Walking Group Leader Job Description**

#### **Why do we need you?**

Our Active Ageing Walking Groups are a brand-new project addition to Irish Community Services. We are delighted to have funding for these groups for the next 3 years with thanks to Transport for London in partnership with London Marathon Charitable Trust.

We are looking to recruit 2x outstanding walking group leaders to support this project and take charge of some of our walking routes throughout the week. The remuneration will be £10.85 per hour in line with the London Living wage and you will be expected to run at least 2 walking groups per week. Our walking groups run between the hours of 9-5pm, Monday to Friday.

As a group leader, you will be helping people in your community to get active and healthy, providing vital support that they otherwise might not get. As well as ensuring walks are friendly, safe and well run, our group leaders are also our ambassadors for walking, showing people that walking really can make a big difference to their lives.

We are looking for candidates to work with us to ensure our walking groups thrive, are safely run and are open to anyone interested. You will have the support of walking group volunteers and our weekly socials co-ordinator as well as the wider ICS team.

#### **What will you be doing?**

As a group leader, you will be responsible for any combination of the following tasks:

- Checking a route and familiarising yourself with it before leading the walk
- Welcoming walkers to the walks, particularly new walkers
- Giving a brief talk before the walk to make sure everyone is prepared
- Making sure paperwork like registration forms and registers are completed
- Leading and managing walks – includes 'back marking' or 'middle marking' as well as leading at the front
- Making sure walks are welcoming, friendly, enjoyable and safe: following our best practice guidelines.
- Trouble-shooting and dealing with problems on walks, with the support of your walking volunteers.
- Providing information about other walks offered by this project and basic information about how to keep active
- Attending occasional walk leaders' meetings and refresher training
- In addition you could also be asked to help the weekly socials co-ordinator to develop and risk-assess new walking routes.

- Further to the time commitment of leading walks, please also note that you will need to allocate a small amount of additional time to receiving the walk, travelling to and from the walk, and completing any necessary paperwork.

### **What support will you receive?**

- Full training and induction including first aid and safeguarding training.
- Ongoing support and guidance from your supervisor.
- Access to TFL walking guidance.
- The opportunity to meet, chat and share with other group leaders and the Irish Community Services team and community.

### **What are we looking for?**

The main skill we need from our group leaders is clearly demonstrated enthusiasm for walking and its benefits! In addition we would expect you to be:

- Friendly, welcoming and empowering with good communication skills
- Observant and sensitive to the needs of others
- Knowledgeable about the basics of the benefits of walking and physical activity
- Reliable, punctual, honest and well-organised
- Able to work independently but with guidance and support
- Confident at speaking in front of small groups
- Able to take control and be assertive when needed
  - Committed to the group and committed to the project for at least 6 months.

### **How do you apply?**

Application forms can be found at: [www.irishcommunityservices.org.uk](http://www.irishcommunityservices.org.uk)

Please send your completed application to: Shauna Mulligan

[director@irishcommunityservices.org.uk](mailto:director@irishcommunityservices.org.uk)

By the closing date off:

**12<sup>th</sup> May 2021.**