



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 Volunteers 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 and we are looking to recruit confident, enthusiastic walking volunteers to support group leaders with the walks throughout the week.

As a walking group volunteer, 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 volunteers are also a vital support to the group leader as well as our ambassadors for walking, showing people that walking really can make a big difference to their lives.

We are looking for pro-active volunteers 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 the group leaders and the weekly social supervisor.

What will you be doing?

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

- Welcoming walkers to the walks, particularly new walkers
- Supporting the group leader with registration sign ups for the walk.
- Making sure walks are welcoming, friendly, enjoyable and safe: following our best practice guidelines and the requirements of your scheme.
- Trouble-shooting and dealing with problems on walks with the support of your group leader.
- Providing information about other walks offered by the scheme and basic information about how to keep active.
- Attending associated training with other walking group volunteers and leaders.

What support will you receive?

- Full training and induction including first aid and safeguarding training.
- Ongoing support and guidance from your group leader and the ICS weekly socials co-ordinator.

- 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 walking volunteers 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
- A commitment of supporting at least 1x walking route every week over the summer period.

How do you apply?

Application forms can be found at: www.irishcommunityservices.org.uk

Please send your completed application to: Shauna Mulligan

director@irishcommunityservices.org.uk

By the closing date off:

12th May 2021.