

**Volunteer Role Description**

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| **Role Name** | Walk Leader |
| **Commitment** | Wednesday Afternoons and Saturday Mornings (Or one of either minimum) |
| **Supervisor** | Charity Project Manager |
| **Summary of role** |
| To plan, lead and organise group walks within our local community, to facilitate an improvement to the participantsmental and physical wellbeing.The volunteer will be responsible for the safety of the group whilst out walking and be able to recognise the limitations of the group members.The role also requires the volunteer to project a professional image at all times whilst representing the charity in the community and at the charities premises.To communicate any relevant information to the group in regards to walk routes, changes to normal service etc. |
| **Essential Skills** |
| Excellent communication and organisational skillsGood knowledge of health and safetyExcellent interpersonal skillsAbility to work independently and as part of a teamEmpathetic approach to dealing with individuals |
| **Desirable Skills** |
| Experience in a similar role or profession Good understanding of mental and physical health conditionsAn understanding of safeguarding vulnerable adults |
| **Training Provided** |
| Emergency First AidSafeguarding Adults |
| **Benefits & Expenses** |
| Free membership of Men in Sheds Hull.Men in Sheds Hull will pay all agreed expenses including travel. |