

Harrow Health Walks Volunteer Wellbeing Walk Leader



Why do we need you?

Harrow Health Walks has a decade long history of getting people up and walking around Harrow, and we couldn't do it without our excellent wellbeing walk leaders.

As a volunteer wellbeing walk leader, you'll 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, walk leaders are also our ambassadors for walking, Harrow Health Walks and Ramblers Wellbeing Walks - showing people that walking really can make a big difference to their lives.

What will you be doing?

As a wellbeing walk leader, you might 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 (usually with other walk leaders and assistants) – 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 and the requirements of your scheme
- Troubleshooting and dealing with problems on walks, with the support of your scheme coordinator.
- Providing information about other walks offered by the scheme
- Attending occasional walk leaders' meetings
- Staying in touch with the latest news and guidance from your scheme and Ramblers Wellbeing Walks
- Developing and risk-assessing 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 walks could I support?

We have 17 walk groups in Harrow and many more we'd love to start! Depending on your availability, you could support one walk or a few. See the list below of some of our walks that could use your help.

- South Harrow Circular Walk (Mondays 10.30am-11.30am)
- Belmont Health Centre Walk (Tuesdays 10am-11.15am)
- Stanmore Short Walk (Tuesdays 2pm-2.45pm)
- Headstone Manor Park Walk and Yoga (Wednesdays 10am-11am)
- Northwick Park Wanderers (Wednesdays 10.30am-11.45am)
- Enderley Road Medical Centre Walk and Tai Chi (Wednesdays 9.45am-11.00am)
- Pinner Walk (Thursdays 10am-10.45am)
- Pinner Memorial Park Beginners' (Thursdays 10am-11am)
- North Harrow Circular Walk (Fridays 11am-12.15pm)
- Rayners Lane Ramblers (10am-11am)
- Belmont Rattlers Walk (Second Saturday of the month 2pm-5.30pm)

What support will you receive?

- Full training and induction with a nationally recognised and well-respected scheme
- Ongoing support and guidance from your scheme coordinator and Ramblers Wellbeing Walks
- The opportunity to meet, chat and share with other walk volunteers

What will you gain from this opportunity?

Our walk leaders love their roles and tell us fantastic stories about how much they enjoy helping others to get active and get walking. But in case that doesn't convince you, here are some of the other great benefits:

- Opportunity to develop your leadership, people management and other skills
- Opportunity to meet new people including like-minded volunteers
- Opportunity to discover more of your local area and spend time in the outdoors
- Opportunity to be more physically active yourself

What are we looking for?

The main skill we need from our volunteer walk leaders is clearly demonstrated enthusiasm for walking and its benefits! In addition, we love our leaders to be:

- Friendly, welcoming and empowering with good communication skills

- Observant and sensitive to the needs of others
- Reliable, punctual, honest and well-organised
- Able to work independently but with guidance and support
- Able to take control and be assertive when needed
- People person, able to welcome and include people in a group setting
- Good communication skills and able to build a relationship with all sorts of people
- Computer skills

How to become a wellbeing walk leader

If you'd like to volunteer with Harrow Health Walks, contact the scheme coordinator on publichealth@harrow.org.uk or 020 8424 1255 to discuss opportunities and training.

Need no more convincing? You can fill in this application

www.harrow.gov.uk/walkvolunteer

Learn more about Harrow Health Walks by visiting

www.harrow.gov.uk/walk

