



# Harrow Health Walks Volunteer Wellbeing Walk Assistant

## Why do we need you?

If you'd like to help out on our walks, but don't want to be a walk leader then taking on a walk assistant role could be for you! Particularly on larger walks, it can be great for walk leaders to have a helping hand, and for walkers to have an extra person to talk to when they're out and about.

As a walk assistant, you'll be helping people in your community to get active and healthy, and staying active and meeting new people yourself.

As well as ensuring walks are friendly, safe and well run, walk leaders are also our ambassadors for walking, their scheme and Ramblers Wellbeing Walks - showing people that walking really can make a big difference to their lives.

The Harrow Health Walks is run locally by the Public Health Team in Harrow. It is part of the Ramblers Wellbeing Walks, England's largest network of wellbeing walk schemes, helping thousands of people across the country lead a more active lifestyle.

## What will you be doing?

As a walk assistant your responsibilities can vary from walk to walk, but some typical activities include:

- Welcoming walkers to the walks, particularly new walkers. Helping the walk leader make sure walks are welcoming, friendly and enjoyable
- Helping make sure paperwork like registration forms and registers are completed and input onto the system
- Being the 'back marker' or 'middle marker' – staying at the back or middle of the group to make sure no one gets left behind
- Accompanying walkers to make sure they get the support and encouragement they need – as well as great company

## 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
- Access to Ramblers Wellbeing Walks resources and equipment to help you fulfil your role
- The opportunity to meet, chat and share with other walk volunteers

## **What will you gain from this opportunity?**

Our walk volunteers 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:

- Ongoing support and guidance from your scheme coordinator and walk leaders
- Access to Ramblers Wellbeing Walks resources to help you fulfil your role
- Opportunity to develop your confidence and people management skills
- Opportunity to meet new people
- 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 and welcoming
- Observant and sensitive to the needs of others, with good communication skills
- Reliable and punctual

- Able to adhere to GDPR policies
- Access to a smartphone or tablet is desirable

## How to become a wellbeing walk assistant

If you'd like to volunteer with Harrow Health Walks, contact the scheme coordinator on [publichealth@harrow.org.uk](mailto: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](http://www.harrow.gov.uk/walkvolunteer)

Learn more about Harrow Health Walks by visiting

[www.harrow.gov.uk/walk](http://www.harrow.gov.uk/walk)

