

Volunteer Role Profile

Volunteer Role

Walk Leader

Volunteer Manager

Walking for Health Coordinator

Where you will be based

Community

Why we want you

The walking project at CHSS aims to increase access to walking as part of the prevention of chest or heart conditions, stroke, or Long Covid.

As a walk leader you enable walks in your community.

What you will be doing

- You will lead regular group health walks in the community alongside other Walk Leader Volunteers, these accessible walks are open to the public to attend and last no more than an hour.
- Embrace a non-judgemental, supportive approach to enable walkers to achieve their goal(s)
- Walk Attendance records must be completed as well as obtaining verbal consent of the Paths for All Walker's Agreement. Walkers will pre-register prior to attending the walk.
- Update co-ordinator with any concerns or identified areas where additional support may be required
- Attend (in person or virtual) quarterly support & supervision session with co-ordinator

The skills you need

- Good listening and communication skills
- Ability to motivate people to reach their potential
- Reliable, patient and empathic qualities
- Encouraging and supportive
- Ability to volunteer independently with guidance and support
- Respectful of the opinions of others
- Understand the need for confidentiality
- Able to maintain boundaries
- Willingness to travel within own area
- Able to commit to initial and ongoing training and development
- Ambassador for Chest Heart & Stroke Scotland

What's in it for you

- Make a real difference to people with our conditions
- Meet new people

- Use, learn and develop new skills
- Access to a bespoke range of training and development to support you in your role
- Opportunity to explore different roles within our organisation
- Improve your own health and wellbeing

Disclaimer

Reasonable out-of- pocket expenses will be reimbursed. These should be discussed with your Line Manager prior to outlay and must be submitted within the prescribed guidelines as detailed in the CHSS Volunteer Expenses Policy.

In line with our commitment to safeguarding, this role is subject to a basic disclosure . Chest Heart & Stroke Scotland are committed to equality of opportunity, and we aim to ensure no volunteer is unfairly treated on the grounds of an offending background