



Volunteer Role Outline WALKS LEADER ASSISTANT

Objective:

To promote a healthy and active lifestyle by way of our health walks programme. Walks are between 3 to 10 miles on a reasonable level surface.

The role involves:

- Either leading a walk or supporting the walk leader by walking at the back of the group.
- Encourage walkers to maintain a reasonable pace.
- Facilitate a sociable and friendly atmosphere.
- To carry out a recce of proposed routes for health and safety purposes.
- An interest and reasonable knowledge in local history and the local area.
- To be reliable and dependable

Your role will also require you:

- To attend a First Aid course where applicable.
- To undertake an informal health walks training session day.
- To follow the policies and procedures of Age UK Gateshead.
- To provide yourself with a mobile phone.

The skills required for this role:

- A good level of health and fitness.
- An empathy for older people.
- A good sense of humour.
- Good interpersonal and communication skills, including a sound understanding of both spoken and written English.
- The ability to work as part of a team and on your own initiative.
- An approachable and friendly personality.

Suggested Hours:

- To be arranged with the Project Co-ordinator.
- Alternate Monday mornings on a regular basis and walkers meet at Gateshead Interchange for a 10.30 am departure.
- To reconnoitre/risk assess prior to a walk.

Location:

Various locations accessed via bus or metro from either the Metro Interchange or Eldon Square bus station.

Expenses:

Age UK Gateshead will repay any agreed expenses such as bus fares, on production of receipts. We agree to pay 40p per mile towards the cost of mileage, this will be paid on a monthly basis for all authorised journeys undertaken by car.