



Walking Group Volunteer

At Age UK Gloucestershire we are committed to our vision of making Gloucestershire the best county in which to grow older. This is a big aim, but we are ready for the challenge with the help of our amazing colleagues and volunteers.

We are looking for a Volunteer to support our “Walking for the Inactive” Project. Someone who:

- Enjoys being active and outdoors.
(Walks will be easy, about 15 minutes. It's about gentle exercise, in the fresh air and having a good time)
- Likes socialising with people and enjoys a friendly chat as much as the walk itself.
- Wants to build social relationships with the members of the groups.
- Is interested in learning more about Tewkesbury (Mitton/Northway) or share what they know about the area.
- Is sensitive to the personal experiences of people, their circumstances, and the reasons why they have become inactive.

**Location: Marina Court,
Tewkesbury and Northway
Parish Community Hub.**

**Time Requirement: 1-2
hours, Mon or Fri.**

Role Overview:

- Participate in weekly short walks and support the group.
- Join in with the social activity (hot drink and a chat) after every short walk.
- Welcome group members by engaging them in conversations to make them feel comfortable.
- Check in regularly with group members to see how they are doing.
- Encourage members to connect with each other and support them to feel part of the group.

In addition:

- Lead walks.
- Organise and plan walks.

What we can offer:

- Full induction and training
- A supportive, friendly team of colleagues and volunteers who will be with you every step of the way
- Learn new things about Tewkesbury and it's community, and the opportunity to share what you know about it
- A sense of purpose and a shared goal of making Gloucestershire the best County in which to grow old.
- Develop skills and experiences that will enhance your CV and help you back into employment if you are looking for work
- A place to share your knowledge and skills.

If this role sounds like a good fit for you, please get in touch.

Email volunteering@ageukgloucestershire.org.uk or call 01452 420948 to chat to Ruth about this role, organise your DBS check and set a date for your training.