

## **Volunteer Role Profile: Walk and Talk Buddy**

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<b>Role:</b>	<b>Walk and Talk Buddy Volunteer</b>
<b>Location:</b>	<b>Community Based (Across the Borough)</b>
<b>Supported by:</b>	<b>Community Engagement Officer</b>
<b>Commitment:</b>	<b>30 mins - 1 hour per week (plus travel time)</b>

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### **About Age UK Sutton**

Age UK Sutton is an independent, local charity working throughout the London Borough of Sutton to support older people, their families and carers. Our vision is an Age Friendly Sutton, where older people know they belong, and feel supported and valued.

We offer a range of practical, social and information services and support for people aged 50+ that help them make the most of their later life. As well as providing services, we work to influence wider changes in the community to make Sutton a more age friendly place.

### **What do Walk and Talk Buddy Volunteers Do?**

Walk for Wellbeing is a new pilot programme aimed at giving vulnerable and isolated older people in Sutton the confidence to get back outside again, improve their fitness and re-engage with their community.

Walk and Talk Buddy Volunteers accompany a client on a leisurely weekly walk (in the client's local area) for up to 12 weeks. Clients are provided with a fitbit and device to monitor their walking activity and progress over the 12 weeks.

Walk and Talk Buddy Volunteers responsibilities include:

- Accompanying a client on a weekly walk (walking at the client's own pace)
- Providing companionship and good conversation and getting to know the client
- Assisting the client to use and connect their fitbit and app
- Encouraging the client to participate in the social walking groups as their confidence grows (including accompanying client to their first session if required)
- Completing and submitting an electronic feedback form after each session
- Liaising with the Community Engagement Officer
- Participating in learning and development sessions as required
- Participating in support and supervision sessions as required
- Following Age UK Sutton policies and procedures.

## **Volunteer Skills, Experience and Attributes Required**

We are looking for volunteers who:

- Are fit enough to walk confidently at various speeds
- Are compassionate, patient, caring and non-judgemental
- Have excellent interpersonal, communication and listening skills
- Are reliable, honest and trustworthy
- Can use a 'fit-bit' and corresponding app (or willing to learn)
- Are willing to travel to various locations across the borough
- Have sufficient IT skills to complete online feedback forms, communicate via email and join online induction, training and support sessions
- Are willing to follow Age UK Sutton policies and procedures, including professional boundaries, data protection and confidentiality, health and safety, safeguarding, equality and diversity.

We are ideally looking for volunteers who can support 3 clients over a period of 6 months, however we understand that may not be possible for everyone.

This role is open to volunteers who are a minimum of 18 years old and is subject to a DBS (Criminal Record) check.

## **What We Offer**

- Induction, training and support from the Community Engagement Officer
- The opportunity for regular exercise
- The opportunity to make a positive difference for older people in Sutton
- The opportunity to meet new people and be part of a great team
- The opportunity to develop new skills and experiences
- Reimbursement of reasonable travel expenses.

## **To Apply**

Please complete the on-line volunteer application form on our website  
<https://www.ageuk.org.uk/sutton/get-involved/volunteer/application-form/>

For any questions please email the Volunteering Manager on  
[volunteering@ageuksutton.org.uk](mailto:volunteering@ageuksutton.org.uk) or call 07735 690864.