
Walking for Health walk leader

Why do we need you?

Walking for Health is England's largest network of health walk schemes, helping all kinds of people to lead a more active lifestyle. We've been running walks with great success for over 12 years now, improving thousands of lives.

When you're living with or after cancer, physical activity can help you make a positive change to your life. Walking is one of the easiest ways to become active as it doesn't require any specialist equipment to get started, with just a good pair of walking shoes you're ready to go.

That is why Macmillan Cancer Support has teamed up with the Ramblers to run Walking for Health and help people – including those affected by cancer – to get and stay active. By sharing their walking and health expertise, they support our 600 local schemes across England to offer short, free walks.

But we couldn't do this without the passion and dedication of our volunteer walk leaders. As a walk leader, you'll help people to get active by leading and supporting health walks. And you'll be a frontline ambassador for Walking for Health, making sure walks are safe, effective and enjoyable.

Health walks aren't cross country hikes requiring a map or compass. They aren't competitive or timed and they aren't fitness training sessions that people have to pay for in order to join. They're completely free and led by volunteers like you. They're sociable because they're done as part of a group and they're open to all – particularly to those who haven't done any physical activity lately or have a long term health condition.

How much time should you offer? When would you be needed? Where will you be based?

- All volunteers will need to complete a one day core training course before leading their first walk. Your scheme will enter you for this at a time to suit you.
- The role is based in the Chorley Borough, with 6 walks in total.
- Ideally you will need to be available during the day, 9:30am – 2:30am as walks usually take place during these times. The time will be dependent upon the walk that you lead.
- Most walks are short (around an hour or less), so including travelling and preparation, leading a single walk close to home typically takes around 2 hours

- Typical schemes would expect walk leaders to lead at least one walk per month, but this will depend on the number of local walks, and number of leaders available
- Additional activities include checking walk routes, occasional meetings and refresher training
- This role is based out in the community and involves working without supervision at times.
- You will need your own transport for this role. Most walks are close to public transport routes.

What activities will you be involved in?

- Walking health walk routes before the first walk and getting to know them
- welcoming walkers, particularly new faces, and giving a brief introductory talk before the walk
- ensuring registration forms, registers and other paperwork is completed
- leading and managing walks, usually jointly with other walk leaders, and following our best practice guidelines and the requirements of your scheme to ensure that all walks are welcoming, friendly, enjoyable, safe and effective
- dealing with any problems that occur on walks, with the support of your scheme coordinator
- providing information about other walks offered by the scheme and basic information about how to keep active
- staying in touch with the latest news and guidance from your scheme and Walking for Health, attending occasional walk leaders' meetings and completing refresher training
- depending on how your scheme is run, you could also be asked to help your scheme coordinator develop and risk assess new walking routes.

What can you gain from this opportunity?

- Opportunity to develop your leadership and people skills
- chance to meet new people, including like-minded volunteers
- experience of supporting Macmillan and people living with cancer, whilst also being part of the Walking for Health team, both locally and nationally
- opportunity to discover more of your local area and spend time being physically active outdoors

- full training with a nationally recognised and well respected scheme
- ongoing support and guidance from your scheme coordinator and Walking for Health
- access to Walking for Health resources and equipment to help you fulfil your role

Is there an induction and training?

- You will receive an induction when you start
- we will provide you with the training you need to complete the role.

What are we looking for?

Someone who is:

- Enthusiastic about walking
- friendly and welcoming with good communication skills
- observant and sensitive to the needs of others
- able to communicate the basic benefits of walking and physical activity
- reliable, punctual, honest and well-organised
- able to follow guidance and support and work independently
- able to provide information and instructions to small groups
- able to take control and be assertive when needed.

Who should you contact?

Abi O'Brien
01257 515151