

Changes East Lothian Volunteer Role Description

Role Title:	Volunteer Buddy Walker
Responsible to:	Walk Buddy Coordinator
Where (Location):	Variable across East Lothian
Time commitment:	Time commitment can be negotiated and may vary, but typically an hour a week over a 10 week period, plus travel and admin requirements
Role description:	To support someone on a one-to-one basis to start walking.
Main duties and responsibilities:	<p>This position is flexible. Time commitment and responsibilities can be negotiated. Training and support will be provided and reasonable expenses covered.</p> <ul style="list-style-type: none"> • To undertake Changes' general volunteer training, volunteer walk leader training and optional emergency first aid training • To plan out and risk assess suitable routes • To accompany the person you are supporting on a short walk to encourage them to start walking and walk more • During the walk to check the wellbeing of the person you are walking with and stop for rests if necessary • To feedback on a regular basis to a member of Changes' staff about how the match is progressing • To attend regular supervision and support meetings
Required skills, qualities and experience	<p>Essential</p> <ul style="list-style-type: none"> • Have a commitment to the values of Changes • Be able to demonstrate a non-judgemental attitude to other people and their preferences • Be approachable and sociable • Be reliable • Be able to work on your own with limited supervision • Have a keen interest in walking and believe in the benefits of walking for health • Able to adhere to Changes' policies and procedures as



	<p>relevant to the role</p> <p>Desirable (but not essential as training will be provided)</p> <ul style="list-style-type: none">• Have knowledge of routes in the local area• Have an understanding of common mental health challenges• Have experience of working with people on a one-to-one basis
Benefits to the volunteer	<ul style="list-style-type: none">• A sense of reward from helping others gain mental health and wellbeing benefits from regular walking• Helping people to rediscover the outdoors• Knowledge, skills and experience in supporting others within the community to improve their health and wellbeing• Benefits to personal wellbeing from social contact and physical activity
Training and support available:	<ul style="list-style-type: none">• Volunteer induction training (required for all volunteers) to cover essential information for volunteering• Access to other optional training in mental health such as Crisis Handling Awareness Training and Mental Health First Aid.• Ongoing support and supervision from Changes' staff• Opportunities to meet and learn from other volunteers• Travel and other reasonable expenses reimbursed
Any other Requirements	<p>If using own car to travel to volunteering, insurance for commuting is advisable.</p> <p>This role requires membership of the Protecting Vulnerable Groups (PVG) Scheme.</p>
How to apply	<p>Please contact info@ChangesEastLothian.org for a volunteer information pack.</p>
Further information	<p>If you require further information about this role before applying, please contact info@ChangesEastLothian.org or phone Changes on 0131 653 3977.</p>