

Volunteer Task Description Age Concern Eastbourne

Volunteer Role

Walk Leader

Purpose of the position

The Walking for Wellness group provides an opportunity for people over 50 in the Eastbourne area to do regular short health walks in a supported sociable environment to improve and maintain fitness levels.

Principle Activities

- To lead or back mark organised short circular walks in accordance with Walking for Health guidelines

Skills and attributes needed

- To be able to walk 3 miles at a moderate pace
- A willingness to walk in all but severe weather
- Willingness to undertake Walk Leader Training
- Good communication skills and a sociable nature
- To be able to motivate participants whilst being patient with slower walkers
- Reliability and punctuality
- Observant (Route hazards and people experiencing difficulties)

We do not expect volunteers to:

- Walk when the weather conditions are icy or very severe
- Discuss participants personal issues unless they wish to do so
- Undertake walks under our umbrella other than the ones published or arranged by AGE Concern Eastbourne.

Help and Guidance

If you have any questions about the above role, please speak to Liz Maxted Centre Manager.

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