



Volunteering in Oadby and Wigston

Volunteer Walking Buddy

Role Purpose:

- To provide social interaction and walking support for residents of the borough who are isolated/lonely as a result of the pandemic.
- Provide support to help residents become confident in building physical activity into their lives.

Some of the tasks we would like your help with:

- Keep in regular contact with allocated individual(s).
- Prepare for and go on regular short walks that follow all current health and safety requirements and latest government guidance around physical activity.
- Provide a friendly and welcoming face, offering support and encouragement to individuals participating in the scheme.
- Develop an understanding of some of the challenges that isolated individuals will have faced during the pandemic.
- Commit to providing regular contact/walks with allocated individuals.
- Report any concerns you may have to your Lead Officer.
- Attend a short, virtually held training course with our countywide walking activator.
- Create some short and simple accompanying videos for local walking routes, with support from your Lead Officer

What skills will you need?

- Friendly, approachable, a good communicator and willing to listen.
- Enjoy walking and be willing to plan and adapt short walks to suit individual needs.
- Physically fit and active.
- Flexible and enjoy a varied routine.
- Willing to follow all relevant health and safety guidance alongside government guidance and regulations.
- Responsible, honest and reliable.
- Able and willing to travel to various locations across the district.

Voluntary hours required for the role?

The role requires a commitment of around **2 hours** per week

Interested?

Visit www.oadby-wigston.gov.uk to read more about volunteering, or email volunteering@oadby-wigston.gov.uk for more information.

Closing Date: 10th February 2020

