



# Volunteering in Oadby and Wigston

## Volunteer Walking Buddy

**Department/Location:** Community and Wellbeing Services  
Various locations around the borough

**Responsible To:** Physical Activity Development Officer

### Role Purpose:

- To provide social interaction and walking support to residents of the borough who are isolated and/or inactive and are looking to make positive changes to their lives.
- Provide support to help residents become confident in building physical activity into their lives.

### MAIN DUTIES AND RESPONSIBILITIES:

- Keep in appropriate 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 i.e. during the pandemic.
- Report any concerns you may have to your Volunteer Coordinator.
- Attend a short, virtually held training course with our countywide walking activator.
- Support your volunteer coordinator in promoting walking activity.

### 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.
- Flexible and enjoy a varied routine.
- Willing to follow all relevant health and safety guidance alongside government guidance and regulations relating to coronavirus.
- Responsible, honest and reliable.
- Able and willing to travel to various locations across the borough.



### **TRAINING AND SUPPORT YOU WILL RECEIVE:**

Walking Buddies will receive a variety of training and support

- Induction to scheme, alongside the basics of walking for improving physical activity.
- An introduction to mental health and wellbeing support.
- Support and regular catch ups with your Lead Officer.
- Reimbursement of reasonable expenses.
- Disclosure & Barring Service (DBS) check.

Part of your volunteer coordinator's responsibility to volunteers is to be able to assist you with any problems or questions you may have throughout your time as an Oadby and Wigston Borough Council volunteer.

### **VOLUNTEERING CONDITIONS & ENVIRONMENT**

Walking Buddies will be based in the community and the role will be required to be outdoors throughout the year.

The Walking Buddies should dress to suit the weather conditions on the day of activity and when required (i.e. extreme weather – hot or cold), take decisions on the suitability of the activity going ahead. A decision can be made in partnership with the Community and Wellbeing Team.

### **VOLUNTEERING HOURS**

This is an ongoing commitment and the number of hours will depend on the number of individuals a Walking Buddy is able to support and the number of sessions delivered. Anticipated commitment is around 2 hours per week, which includes the completion of tasks around the walks, i.e. risk assessments.

### **ADDITIONAL REQUIREMENTS**

To undertake a Disclosure & Barring Service (DBS) check.

To take all necessary steps in order to ensure that information acquired through their volunteering or contained within the Council is kept confidential.

**January 2020**

I have read and accept the above:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_