

## Walking Group Buddy Volunteer Role

**Title:** Walking Group Buddy

Abergavenny (Wednesdays or Thursdays am / pm) and Chepstow(TBC). Two volunteering roles.

**Purpose of Volunteer Role:**

The main purpose of the walking group buddy is to support the weekly wellbeing walk in Abergavenny with the walk leader This will include;

- Welcoming and greeting participants
- Starting and maintaining conversations in the group and with individuals to ensure that each participant feels included in the session
- Supporting the walk leader with any health and safety needs of the group which may arise during the activity.

Each walk lasts for approximately one hour and is described as a wellbeing walk which is accessible to all. Each walk is facilitated by a staff member (whose role is to plan the route, ensure safety and support participants).

**Responsible to:** Walk Leader and Recovery and Wellbeing Lead

**Training:**

Volunteers will receive an induction to the organisation. Informal training (relative to the role) will be provided to the volunteer. Additional training will be available dependant on the volunteers existing skills /experience/ knowledge.

The aim of the training is to prepare volunteers for the volunteer role.

**Support:**

Volunteers will receive regular support. Volunteers will have a named contact within the organisation for support

**Commitment:**

We ask that volunteers will give a commitment to the volunteering role of at least three months. The walking group takes places weekly on either Wednesdays or Thursdays and the volunteer would need to be available for approx 1.5 hrs per week.

**Equality and Diversity**

Mind Monmouthshire is fully committed to the active promotion of equality and diversity as an employer, and in the provision of all its services. It is the responsibility of all staff and volunteers to ensure the practical application of this policy.

## **Health & Safety:**

Under the Health & Safety at Work Act, all employees and volunteers are required to take care of their own health and safety and that of other employees in complying with their statutory duties. All activities will be risk assessed and COVID risk assessed.

## **Confidentiality**

All volunteers are expected to maintain and work within the boundaries of Mind Monmouthshire Confidentiality / Safeguarding Policy.

## **Essential Skills / Knowledge / Values Required for the Volunteer Role**

- Eighteen Years of age and over.
- Ability to maintain and work in the boundaries of confidentiality at all times.
- Non-judgemental.
- Reliable, possess common sense and a calm approach.
- Ability to hold conversations with individuals and small groups, including conversations about mental health.
- Very good communication and listening skills.
- Some understanding of mental health issues and the ability to communicate with individuals who experience mental health issues.
- Physically fit and able to undertake walks of a duration of at least one hour in different weather conditions.
- Able to appreciate nature and the link to positive wellbeing.
- A commitment to the ethos and values of Mind and Mind Monmouthshire.
- Ability to provide Mind Monmouthshire with an agreed amount of activity sessions.
- This role is subject to an enhanced DBS enhanced check
- **For confidentiality reasons this role is only open to individuals who are not currently in receipt of services from Mind Monmouthshire and have not accessed our services for 2 years.**

## **Desirable Skills / Knowledge**

- First Aid Qualification

## **Benefits of volunteering with Mind Monmouthshire:**

- An opportunity to learn new skills.
- Satisfaction of helping others.
- Working in a team and developing relationships.
- Chance to develop personal skills and experience

## **Our Expectations:**

- Maintain confidentiality in accordance with Mind Monmouthshire confidentiality policy.
- Adhere to Safeguarding policies and procedures.
- Ensure Mind Monmouthshire Health and Safety procedures are followed.
- Ensure Mind Monmouthshire procedures and guidelines are followed.