



Volunteer Role Profile

Service name: Communities in Mind for people 65+ in Chichester, Arun & Adur

Role Title: Mindful/Gentle Walking group facilitator

This role involves leading/co-facilitating a gentle walking group, including some “Mindful” elements. If you like getting out, walking, and engaging with the environment, this may be the role for you. You will need to be empathic and non-judgmental, initiate conversations and promote interaction amongst the Service Users. There will be opportunities to create your own routes in a variety of locations, around Chichester, Bognor, or Lancing, and perhaps further afield!

What's involved

- Volunteering for up to 10 hours a month to research, risk assess, plan, and lead walks, under the policies and procedures of West Sussex Mind
- Emphasize the physical and mental health benefits of being outdoors and connecting with nature
- Use some Mindful techniques when appropriate
- Research routes and places of interest
- Keep a register of attendance & collect attendance subs (if relevant)

What we ask for

- That you are able to inspire and motivate people.
- That you are a confident communicator with good listening skills.
- Have an enthusiasm for working with people, enabling them to achieve personal goals and are committed to being part of the service on a regular basis.
- Have some experience or understanding of older people, and their likely physical and mental health needs and issues.
- A willingness to learn about and use some simple Mindful techniques to enhance the walks and support people’s mental wellbeing.

How we help our volunteers and benefits

- Welcome you to West Sussex Mind with a package of training and information needed to carry out the role.
- You will meet new people, have the opportunity to learn new skills and take part in regular in-house training.
- We will reimburse pre-agreed expenses in line with West Sussex Mind's policy.
- We will check-in regularly to ensure you are enjoying your volunteering role.

Our Values

- ♦ Open: we reach out to anyone who needs us
- ♦ Together: we're stronger in partnerships
- ♦ Responsive: we listen, we act
- ♦ Independent: we speak out fearlessly
- ♦ Unstoppable: we never give up
- ♦ Forward thinking: we innovate and develop

Because the role involves working closely with vulnerable people, we need to take up two references and a Disclosure and Barring Service check.

If you would like to discuss this role before applying, please call:

Julia Dendle 07932 784 979

Email: cim@westsussexmind.org