

## Role Profile for Gentle and Mindful Walking Group Facilitator – Shoreham

**This walk takes place on the last Tuesday of the month, 11:15 – 13:30**

This role involves organising and co-facilitating a gentle walking group for people aged 65+. If you like getting outside, walking, and engaging with the environment, this may be the role for you. You will need to be empathic and non-judgmental, be comfortable with initiating conversations, and have time to prepare and plan for each monthly walk with Service Users. There will be opportunities to create your own routes within Shoreham and the surrounding area.

Ideally this role is **shared between two or three people** working together as a team; after some initial support, this group runs without the supervision of WSX Mind staff.

### What's involved:

- A commitment to volunteering 6 - 9 hours a month (3 hours for the monthly walk, additional hours for planning and preparation)
- Administrative duties – research & plan walking routes; learn about different mindfulness techniques; conduct risk assessments; apply WSX Mind policies and procedures; keeping a register of attendance
- Planning/executing alternative activities in the event of cold/wet weather, such as meeting in a cafe
- Integrating elements of mindfulness – choosing mindful practices to use during walks/meetings and applying them in a way that is accessible to service users

### What we ask for:

- Ability to encourage and motivate others
- Strong communication and listening skills
- A commitment to being part of the service on a regular basis
- enthusiasm for supporting people, enabling them to achieve personal goals
- Experience with older people and understanding of their physical and mental health needs
- Familiarity with, or an interest in, mindfulness (formal training/experience is not required)

## How we help our volunteers and benefits

- During the recruitment process you will be given access to our e-learning platform, Cornerstone, and you will be assigned several mandatory courses on various topics including health and safety, mental health and safeguarding
- You will be invited to a live induction session for new volunteers where you gain a deeper understanding of the organisation, and have the opportunity to apply your e-learning to various scenarios
- 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 WSX Mind's expenses policy
- We will check-in regularly to ensure you are enjoying your volunteering role through 1-2-1s, volunteer meetings, social and learning networking days

## Our Values

- We are equitable
- We are open
- We work together
- We are curious
- We are unstoppable
- We strive for excellence

## Volunteer Recruitment Process

- Applicants will be interviewed by the Service Manager(s)
- If successful, 2 references will be requested, and applicants will be required to complete mandatory e-learning provided to them
- **Because the role involves working closely with vulnerable people, we need to complete an enhanced Disclosure and Barring Service check**
- Support will be available for any technical, language or literary support required

For more information, please email [volunteering@westsussexmind.org](mailto:volunteering@westsussexmind.org) or [cim@westsussexmind.org](mailto:cim@westsussexmind.org)