

## **Gentle & Mindful Walks Facilitator – CIM Chichester**

### **Volunteer Role Profile**

This role involves project leading and co-facilitating a gentle walking group in our service for people aged 65+. 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 have time to prepare and plan for each monthly walk with Service Users. There will be opportunities to create your own routes within central Chichester.

It is ideally **shared between two or three people** to work together as a team to lead the project as after initial support for initial sessions it will be unsupervised by WS Mind Staff.

### **What's involved:**

Volunteering between 8 - 10 hours a month – ideally on the 1<sup>st</sup> or 3<sup>rd</sup> Wednesday of the month with the walk itself between 11-1pm.

- To research, risk assess, plan and lead walks, under the policies and procedures of WS Mind
- Choose theme, topic or mindful element/technique to be used in each session
- Research routes and places of interest
- Keep a register of attendance
- Plan alternative wet/cold weather activity when appropriate

### **What we ask for:**

- That you are able to encourage 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 through 1-2-1s, volunteer meetings, social and learning networking days.

**Add any additional benefits or supports particular to your service to this list**

### Our Values

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

## Volunteer Recruitment Process

For selected applicants there will be an interview with the Service/Project Managers

If successful, 2 references will be requested as part of the recruitment checks and 5 essential e-learning modules will be required to be completed before starting in the volunteer role.

**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)