



# Volunteer Role: Walk ' n ' Roll Walk Leader

## About Ceartas

Ceartas Advocacy provides Independent Advocacy to adults 16+ living in East Dunbartonshire. We prioritise working with people who have particular support needs: Acquired Brain Injury; Autism Spectrum; Additional Communication Needs; Dementia; Learning Disability; Mental Health; Older people; Physical Disability; Sensory Impairment; and Substance Use.

## About the Role

We are looking for an enthusiastic individual who has a passion for creating opportunities for accessible, sociable walks.

As a walk leader volunteer, you will provide support to our existing monthly accessible walking group, Walk 'n' Roll. You will play a vital role in supporting participants ensuring the walking route is safe and accessible. Our Walk 'n' Roll group meets once a month in Kirkintilloch for a duration of one and a half hours.

Main tasks include:

- Welcoming participants
- Supporting participants during the walk and roll
- Chatting with and listening to participants
- Helping serve refreshments to participants once back inside
- Raising any issues/sign posting requirements with group facilitator

All Volunteers must be willing to apply to the Protecting Vulnerable Groups Scheme for a membership which is an online application and is free.

## Skill , Attributes and Experience for this Role

Are you enthusiastic, self-motivated and have a passion for creating opportunities for people to connect with their communities. Do you enjoy walking and being outside. It would be desirable that you have completed Walk Leader Training or be willing to complete this. Do you also have some knowledge of seated exercises.



### **Support and Training**

All volunteers will be allocated a link staff member, a volunteer handbook is provided, volunteers are invited to visit the groups for a taster session and to visit the office to be introduced to the team. Ongoing relevant training is encouraged and supported which is volunteer led and specific to each individual. On a number of occasions throughout the year we will organise volunteer lunches at our office to provide the opportunity for peer support and further development.

### **Expenses**

We will reimburse volunteers for all expenses incurred for travelling to and from the groups. To be reimbursed volunteers can complete a simple form at a frequency that suits their needs.

### **Accessibility**

All of our groups are held at venues that are fully accessible, as are our offices.

### **How to Apply**

Please send any enquires or questions about our opportunities using the following, choosing your preference:

Telephone 0141 775 0433

Email [info@ceartas.org.uk](mailto:info@ceartas.org.uk)