

## VOLUNTEERING WITHIN NHS WESTERN ISLES CABHAIR 'NAR COIMHEARSNACHD



### Volunteer Role Description

**Role title:** Walk Leader

#### Outline of the role:

The 'Walk on Hebrides' Health Walks project seeks to enrol Walk Leaders to support the project in providing Health Walks across the Outer Hebrides; helping to deliver the National Walking Strategy and National Physical Activity Strategy.

A Health Walk is a 'short, safe, social, local, low level, led walk, often led by volunteers'. Health Walks are free of charge and can be anything from 10 minutes to 1 hour long.

#### Skills, Attitudes and Experience needed:

- Welcoming
- Friendly
- Supportive
- Encouraging
- Good communicator
- Attentive
- Ability to lead/co-lead a group
- Observant

Walk Leaders will have attended Paths for All Walk Leader training arranged by the local Health Improvement Practitioner.

#### NHS Western Isles will provide volunteers with:

- Induction, training and support, e.g. to raise awareness of 'How the organisation works'.
- Explanations of the standards we expect volunteers to adhere to.
- Provide a named person to support. and be available to discuss the volunteer role and any successes or problems.
- A volunteering role that engages your skills, interests and experience.
- Access to information about NHS Western Isles, its history, policies and purpose.
- Out of pocket expenses in line with CEL 23 (2011)
- Insurance
- Subsidised facilities, at staff rates where available;
- Recognition for your service and performance.
- Access to a reference and awards for volunteering i.e. Saltire Award
- A volunteer uniform, identification and access badges where appropriate.

- Opportunity to learn new skills
- Opportunity to meet new people
- Sense of involvement
- Opportunity to make a difference/Help others and enhance their local area

**And ensure that Volunteers are:**

- Listened to and taken seriously, in the same way as staff
- Able to say no or negotiate tasks and responsibilities
- Able to volunteer in safe premises with safe conditions
- Kept informed about changes within the Board
- Supported in their role

**Where:** The Health Walks project covers the whole of the Outer Hebrides however volunteers will be required to provide support in their local areas only.

**When:** The schedule for the Health Walks programme will depend on demand and the availability of volunteers.

**Support:**

Karen Peteranna, Health Improvement Practitioner, Health Promotion Dept.

Email: karen.peteranna@nhs.net

Tel: 01851 76 2016

**Any questions:** As above

**Interested? For more information about this or any other volunteer role within the NHS Western Isles contact the Volunteer Services Co-ordinator on 01851 704704 ext 2408**