



Garioch Community Kitchen

Volunteer Health Walk Leaders

Overall Role / Task

- Volunteers required to lead a health walk in the local area. *(No experience required and training will be provided)*
- This work is regulated and therefore a PVG disclosure will be required.

Scope of role

- 1) Generate interest in creating a Health Walk group.
- 2) Co-ordinate the routes you will walk and assess for accessibility for all.
- 3) Encourage the group members
- 4) As this involves regulated work a PVG Disclosure is required

Aim:

- To encourage the local community to get together for a relaxed and enjoyable form of exercise.

Skills required:

- Good communication skills
- Enthusiastic and friendly
- Be approachable to young and old people
- Encouraging and helpful

Skills developed

- Communication
- Interpersonal
- Health & Wellbeing

Please contact Sarah Bell if you are interested in any of our volunteering roles.

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