

## Join Our Team as a Steps Programme Walking Companion!

Age UK Hillingdon Harrow and Brent is a caring charity dedicated to “creating a world where everyone can love later life.” We rely on the generous support of people like you to make it happen.

As a Steps Programme Walking Companion, your role is to support older people recently discharged from hospital or have lost confidence going out alone by accompanying them on gentle weekly walks to help rebuild their confidence, improve physical wellbeing and reduce feelings of isolation.

### What You'll be doing:

- Accompany an older person on a short walk in their local area once per week for 6 weeks.
- Provide encouragement and friendly conversations during walks
- Record basic feedback after each session
- Communicate any concerns or issues to the Steps Programme Coordinator

### What we are looking for:

- Friendly, empathetic and patient
- Good communication and listening skills
- Able to walk outdoors for up to an hour, including varying weather
- Reliable and punctual
- Respectful of confidentiality and personal boundaries
- Committed to completing the 6 week-programme

### What you will gain:

- Making a meaningful difference in someone's recovery journey
- Gain experience supporting older people in the community
- Be part of a supportive and friendly team
- Improve your communication and interpersonal skills

### Time Commitment:

- Regular commitment of 1 hour a week for 6 weeks

### How to Apply:

If this sounds like you, we'd love to hear from you! Please sign up to be a volunteer by going to <https://www.ageuk.org.uk/hillingdonharrowandbrent/get-involved/volunteer-for-us2/apply-to-volunteer2/> and fill in our quick and easy form or please email [volunteering@ageukhnb.org.uk](mailto:volunteering@ageukhnb.org.uk) or call 020 8756 3040 if you have any accessibility needs.

Join us and help make a real impact in our community. We can't wait to work with you!

**This role outline is binding in honor only and is not intended to be legally binding.**

**Age UK HHB is an equal opportunity organisation.**

**Age UK Hillingdon Harrow and Brent is committed to safeguarding and promoting the welfare of all older people and children within the London Boroughs of Hillingdon Harrow and Brent.**

