

Physical Activity volunteer role description

Role title:

Nordic Walking Volunteer Leader

Principle Function:

To work with local Nordic Walking Volunteer Instructor to set up and lead local Nordic Walking groups in your local area, and to promote and inspire participation on to the Nordic Walking programme.

Purpose:

You will work towards establishing long term Nordic Walking groups in your local area for people who have completed the Nordic Walking courses. The ideal volunteer will also raise the profile and attract participants to the programme. You will also assist with the delivery of Nordic Walking courses if required to members of the community and other organisations.

Skills and Experience:

- Organised and self-motivated
- Able to communicate effectively
- Experience of using telephone and email is desirable
- Approachable, friendly and professional
- Passionate about the work we do
- Smart appearance
- Enjoy working with the public
- Be able to complete paperwork
- Driving license and access to a car would be desirable
- Good IT skills is desirable

Training:

You will be given induction training on the various aspects of the work. You will also receive specific training for your role and will be provided with ongoing support.

Expenses:

Out of pocket expenses will be reimbursed as per Age Cymru volunteer expenses policy.

Reports to: Volunteer Officer

Location: Local area

Hours: Flexible but we would like volunteers to provide us with a minimum of 10 hours each month for a minimum of 12 months

Why we want you:

We would like you to develop and deliver Nordic Walking walks in your locality once a week or once a fortnight using your local park, country park, footpath, trails or beach. You will need to be prepared to travel to your surrounding area to deliver Nordic Walking. We would also like you to promote Nordic Walking within your local community. On occasions you may be asked to assist with the Ageing Well Nordic Walking Volunteer Instructor to deliver Nordic Walking courses/taster sessions in your area.

What is in it for you:

Enjoy the outdoors while helping older people to become more physically active and helping to improve their health and wellbeing.

This is a chance for you to go on to deliver ongoing Nordic Walking in your local area to those people who have completed the Nordic Walking course. Age Cymru will provide you with support via your dedicated Volunteer Officer. You will be provided with advertising material and help to promote your walks. We will provide you with all equipment required to deliver your walk sessions. We will provide public liability insurance. The equipment including any clothing remains the property of Age Cymru however and must be returned if you are unable to continue to volunteer for the Age Cymru Nordic Walking programme.

For more information please contact:

Volunteer Officer
Healthy Ageing Team
Age Cymru
Ty John Pathy
13/14 Neptune Court
Vanguard Way
Cardiff
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