



# Improving the quality of life in our community by helping people to help themselves

## **WALKING GROUP VOLUNTEERS**

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### **Background**

The Ripple is a community organisation started by local people. The Ripple works alongside its dedicated volunteers to provide a wide range of well-used services in our community of Restalrig, Lochend & Craigentenny.

### **The Walking Group**

The Healthy Hub Walking Group run two half hour walks every Thursday morning with the first setting out at 9.30 and the second at 10.15 am. Led by trained volunteers the groups walk pre-planned routes in and around the Restalrig, Lochend and Craigentenny areas. This is an opportunity to join a friendly group of other local people, discover local places of interest and ultimately improve fitness. Suitable for all abilities the group end their walks at the Hub where they enjoy a tea or coffee and a chat. No prior booking required, just pop in and join us.

### **What does being a Walking Group volunteer look like?**

- You enjoy working with people and are willing to work as part of a team.
- You are reliable, flexible, caring and enthusiastic.
- You can commit to around 2 hours a week on a Thursday.
- You will be sensitive to any mobility and health restrictions and believe in treating people with dignity and respect.
- You will be fit enough to easily complete a beginners walk.

### **What will you do as a Walking Group Volunteer?**

- Support people to enjoy the outdoors.
- Assist our regular walk leader.
- Be willing to train as a Paths for All leader.

### **Protection of Vulnerable Groups**

The Ripple will ask individuals to whom we are offering volunteering opportunities that fulfil 'regulated work' with children and/or protected adults to become PVG Scheme members.