

Walk Leader

at **Macmillan@WestLothian Cancer Information & Support Service**

About this opportunity: Macmillan @ West Lothian offers information and support to anyone affected by cancer. We need a walk leader to organise and supervise Macmillan walks for service users, where they can meet other likeminded people while taking part in appropriate physical activity. • Provide a warm welcome and experience to participants • Leading or 'back marking' short, safe and enjoyable walks • Risk assessing and planning walking routes • Taking a register of those attending the walks and returning this to staff • Encourage and buddy participants and the groups • Support and motivate participants to set goals • Ensure the health and safety of participants including any health questionnaires • Gather equipment required for the walk • Build strong communication links and raise awareness of the service • Adhere to policies regarding client confidentiality, data security and protection of vulnerable groups • Attend volunteer team meetings and ongoing training

Work Type: Sports / Outdoor activities | **Client Group:** New Beneficiary/Client Group

Required Skills and Expertise: • Completed walk leader training • Open, warm and friendly manner • Good communication skills • Non judgemental • Ability to actively listen (training will be given) • Awareness of own limitations and boundaries • Commitment to the role • Willingness and commitment to undertake necessary training • Willingness to learn the desire to support others

Restriction details: none

Travel details: Various venues within West Lothian | **Age range:** 21.0 - 100.0 | **Expenses Paid:** Yes

When can I volunteer?

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning	✓	✓	✓	✓	✓	<input type="checkbox"/>	<input type="checkbox"/>
Afternoon	✓	✓	✓	✓	✓	<input type="checkbox"/>	<input type="checkbox"/>
Evening	<input type="checkbox"/>						

Organisation contact:

Rosie Bunce
rosie.bunce@westlothian.gov.uk

Contact the TSI:

James Penman
vsg@vsgwl.org
01506-650111

About **Macmillan@WestLothian Cancer Information & Support Service** |

This project provides information and support around the non-clinical aspects of living with and beyond cancer. We provide anyone affected by cancer (including patients, family members, carers and friends): -A network of drop in centres located within libraries and partnership centres across West Lothian, staffed by trained volunteers with time to listen to service users and address individual needs identified. -A welcoming and comfortable environment within local communities -High quality, accurate and appropriate information,

along with signposting and referral to specialist partner organisations where appropriate. Macmillan @ West Lothian Cancer Information and Support Service is a partnership between Macmillan Cancer Support and West Lothian Council. The service is funded by Macmillan and delivered by West Lothian Council

Ref: VO78193 | Status: Published