



ARE YOU A KEEN WALKER? ARE YOU PASSIONATE ABOUT HEALTH? WOULD YOU LIKE TO HELP OTHER PEOPLE TO DISCOVER THE BENEFITS OF WALKING?

We are looking for Walk Leaders to help lead weekly walks in the National Park.

Walk in the Park **Callander**, **Killin** and **Aberfoyle** offers free low level short walks in and around the town to encourage people to take gentle exercise and become healthier.

To enable the network of walks to grow, we are currently seeking more volunteers to assist with leading health walks particularly for our Aberfoyle group. So if you like being outdoors, meeting new people, are enthusiastic and outgoing and keen to help others this could be the opportunity for you

We are also looking for people who are interested in being a part of a brand new **Balloch** scheme which will be launching in April 2014.



As a volunteer walk leader, you would be helping people in your community to get active and healthy, providing vital support that they otherwise might not get.

Role responsibilities:

As a walk leader, you would be responsible for:

- Walking health walk routes beforehand (“recce-ing”) to make sure you know them.
- Welcoming walkers to the walks, particularly new walkers.
- Giving a brief talk before the walk to make sure everyone is prepared (not everyone has to do this but one leader per walk will do the introductions.)
- Making sure paperwork like registration forms and registers are completed.

- Leading and managing walks, usually jointly with other walk leaders (including “back marking or “middle marking” as well as leading at the front).
- Making sure walks are welcoming, friendly, enjoyable and safe, and dealing with any problems during the walks.
- Providing information about other walks offered locally and basic information about how to keep active.
- Staying in touch with the latest news and guidance from your scheme coordinator, Walk in the Park and Paths for All.

Skills needed:

The main skill we need from our volunteer walk leaders is clearly demonstrated enthusiasm for walking and its benefits! In addition, we love our leaders to be:

- Friendly, welcoming and empowering with good communication skills.
- Observant and sensitive to the needs of others.
- Understanding about the basics of the benefits of walking and physical activity.
- Reliable, punctual, honest and well-organised.
- Able to work as part of a team with guidance and support.
- Willing to speak in front of small groups on occasion.
- Able to take control and be assertive when needed (we will give you the training you need to do this confidently).

The benefits:

Our walk leaders love their roles and tell us about how much they enjoy helping others to get active and get walking, however some of the other benefits include:

- Full training with a nationally recognised and well respected scheme.
- Ongoing support and guidance from your scheme coordinator.
- Access to Paths for All resources and equipment to help you fulfil your role.
- Opportunity to develop your leadership, people management and other skills.
- Opportunity to meet new people including like-minded volunteers.
- Opportunity to discover more of your local area and spend time in the outdoors.
- Opportunity to be more physically active yourself.

What is the time commitment required?

Our walks are short (10 – 45 minutes) so including travelling, preparation and paperwork leading a single walk close to home typically takes around 2.5-3 hours, plus recces and occasional meetings and training. We would hope you could attend at least one walk a month. Support is available for travel expenses.

For more information and upcoming training please contact:

Cathy Scott (Walk in the Park Coordinator)

cathy.scott@lochlomond-trossachs.org 01389 722600

or **Natalie Stevenson** (Loch Lomond and The Trossachs Countryside Trust Manager)

natalie.stevenson@lochlomond-trossachs.org 01389 722648