



Ageing Well Walk Leader (Age 45+)

Reference code: VO15548

We are recruiting new walk leaders (aged 45+) to join our fantastic volunteer team, helping older adults to get active, be social and maintain or improve their levels of walking, fitness and wellbeing. Our walks range from low-level and slow paced to moderate/brisk paced, lasting around 45 minutes to 60/75 minutes, sometimes finishing off with a “cuppa and a blether”. The walks take place on weekday mornings and afternoons and on Tuesday evenings.

About Edinburgh Leisure

Edinburgh Leisure’s Active Communities team uses physical activity to improve the lives of people affected by health conditions, disabilities, inequalities, and poverty. We have opportunities to volunteer in a vast range of projects and programmes that help people become and remain active. We aim to make a positive impact on the Health and Wellbeing of people in Edinburgh.

Experience Required

An open, warm, and friendly manner. Effective communications and listening skills. Excellent time keeping skills and reliability. Willingness to undertake training. Ability to work alongside others in a team. Non-judgemental and understanding.

Training Details

Training is currently undertaken online in two sessions to help volunteers plan and lead walks. Experience is gained attending walk groups outdoors and shadowing current leaders. Ongoing support is provided by the Ageing Well team.

Location/Travel Details

Takes place outdoors from various meeting points throughout the city. We aim to match you to your nearest convenient start point.

Expenses

Expenses can be claimed by completing a claims form, supported by receipts. Reasonable expenses are paid monthly to volunteers' bank account.

Work Type

Sports / Outdoor activities

Cause

Elderly

Flexibility & Commitment

Flexible

2 hours (average) per week for minimum of 6 months - flexibility to allow for time off and holidays

Available Times

	mon	tue	wed	thu	fri	sat	sun
am	●	●	●	●	●		
pm				●			
eve		●					

Contact Details

Edinburgh

EH14 1BZ

Tel: 0131 458 2158

www.edinburghleisure.co.uk

Email: kayparsons@edinburghleisure.co.uk