

Volunteer Health Walk Leader

Our mission is to provide information and support for anyone affected by cancer, offering practical ways of enhancing physical, psychological, and emotional wellbeing.

The Mulberry Centre offers wellbeing classes and activities for people affected by cancer – those with a diagnosis of cancer, their carers, and those bereaved. All our classes are recognised as having positive benefits and are given with the aim of relieving stress related symptoms through relaxation, improved breathing and increased activity. Health walks provide an opportunity for clients to get some fresh air, meet new people, enjoy nature and take some gentle exercise.

Time commitment: One hour per week minimum - Regular weekly slot meeting/talking with clients and facilitating a 45-minute gentle walk round Syon Park plus some related admin time.

Main Duties

- To facilitate a regular weekly 45-minute health walk for clients round Syon Park during the daytime (weather permitting) at a mutually agreed time;
- To be adaptable to the needs of the participants, depending on the clients' condition, as far as is reasonable.
- To converse with the clients during the walk and motivate them to enjoy the experience.
- To feedback on how the walk went and any issues arising.

Volunteer Specification

- Previous experience facilitating/leading health walks or similar activities.
- Ability to engage with the participants and make them feel welcome, comfortable and motivated.
- Ability to learn and adapt a suitable route round Syon Park.
- Previous experience of clients with cancer or other health conditions would be advantageous.

Support and Education

- You will be provided with induction covering the objective of the role, the work of The Mulberry Centre, and its procedures and policies relevant for your volunteering role.
- We will do our best to assist your volunteering role with us. This will include keeping you updated with all the relevant information on what support The Mulberry Centre offers.
- There will be an initial 3 months, then an annual review with your Lead plus an invite to any relevant volunteer team meetings and events.
- Expenses are reimbursed for travel incurred to carry out your volunteering duties. The reimbursement of any other 'out of pocket' expenses is subject to prior approval by your Lead.

Next Steps

- All applicants will be asked to complete a Volunteer Application Form and confidentiality agreement and provide two referees which will be shared with the Mulberry Macmillan Volunteer Lead.
- Candidates with the appropriate experience and skills for the role for which they have applied will be interviewed by the Lead associated to the role and invited to demonstrate their skills in a class setting.
- All new volunteers will be given role specific induction/training by their Lead and the Mulberry Macmillan Volunteer Lead will provide them with a general induction to the Centre, the general handbook and relevant information pertaining to policies and procedures.
- All new volunteers will be asked to sign a Volunteer Agreement, confirming their commitment to the Centre.
- Subject to satisfactory references, and completion of professional documentation, the individual may start volunteering and a review will be carried out by their Lead after three months.

Further information: Email: therapies@themulberrycentre.co.uk or volunteer@themulberrycentre.co.uk

Responsible to: Complementary Therapies Lead