

Volunteer Health Walk Leader – Mindfulness In Nature

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, connect with 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 plus some related admin time.

Main Duties

- To facilitate a regular weekly 45–60 minute mindfulness-based health walk for clients around the local area of a weekday during the daytime (weather permitting), at a mutually agreed time.
- To guide participants through gentle mindfulness techniques during the walk, such as breath awareness, sensory engagement, and/or grounding exercises, encouraging a deeper connection with nature and the natural world.
- To be adaptable to the physical and emotional needs of the participants, depending on individual health conditions and energy levels, including offering seated or shorter alternatives if required.
- To create a welcoming, calm, and inclusive atmosphere, offering compassionate conversation and encouraging clients to engage mindfully with their surroundings.
- To uphold basic health and safety awareness throughout the walk, being mindful of potential hazards and supporting participants appropriately.
- To feedback on how the walk went and any issues arising.

Volunteer Specification

- Experience of leading or facilitating health walks and nature-based activities, or mindfulness sessions.
- Strong interpersonal skills with the ability to create a welcoming environment for individuals of varying health backgrounds, making them feel welcome, comfortable and motivated.
- An interest in and understanding of mindfulness, sensory engagement and connection to nature.
- Ability to identify and adapt a safe and accessible walking route in the local area and adjust pace or content to suit the group or willingness to learn and adapt a suitable route close to the Centre.
- Reliability, good communication, and ability to work independently while maintaining appropriate boundaries.
- Previous experience supporting people with cancer, chronic illness, or mental health challenges desirable.
- An existing Basic First Aid Certification or willingness to gain a qualification at own expense.

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 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 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: volunteer@themulberrycentre.co.uk

Responsible to: Complementary Therapies Lead