

MOVE MORE WALK LEADER

Volunteers are at the heart of Macmillan in Lanarkshire. By choosing to join us as a Move More Walk Leader volunteer, you'll be doing something amazing for people at a difficult time. A cancer diagnosis and treatment can make people feel isolated and alone, with little energy and feeling low. The advice used to be "rest is best", however research shows that moving more can actually help recovery and improve symptoms. Culture North Lanarkshire is working in partnership with North Lanarkshire Leisure and Macmillan Cancer Support to deliver Move More North Lanarkshire; a programme of activity specifically designed for people affected by cancer. From gardening and walking groups to circuit and gentle movement classes, there is something for everyone.

About the role:

We are looking for volunteers to lead and support health walks across North Lanarkshire.

Location, dates and times:

We need volunteers who can help with one of the following health walks:

Motherwell Library	Wednesdays, 9.30am-10.30am
Maggie's Lanarkshire	Wednesdays, 11am-12pm
Bellshill Cultural Centre	Fridays, 10am-11am

Activities will include:

- Leading walk groups on identified routes in North Lanarkshire which are suitable for people affected by cancer
- Meeting and greeting people, providing a warm welcome to the Macmillan walking group
- Providing a friendly, listening ear to people
- Supporting people on a one to one basis depending on their individual needs
- Explaining the resources and services available in Lanarkshire and beyond
- Collecting and recording information about people who attend the walks
- Attending volunteer development sessions to keep informed and up to date

Training and support

You'll receive full training and support to give you the skills needed to carry out this role. You'll have access to a yearly learning programme to support you in your role and develop your skills. Regular ongoing support is available from the project team.



Benefits to you:

- Be part of a friendly, enthusiastic team of people and get more involved in your local community
- Use and develop your skills, enhancing your CV
- Full training and induction for the role which covers your duties, our code of conduct, the needs of people affected by cancer and where to go if you need advice and guidance
- Participate in initial and ongoing training – individual and group volunteer support sessions will be regularly available
- Receive agreed out of pocket expenses in line with our financial guidelines and procedures.
- Have a rewarding experience making a real difference to people affected by cancer in your community.

Qualities and skills required for the role:

- Enthusiastic about walking
- Willingness to support others
- Willingness to undertake training required
- Open, warm and friendly manner
- Good communication skills
- Commitment to the role
- Non-judgmental
- Ability to 'actively listen' (training will be given)
- Awareness of own limitations and boundaries

Volunteering roles with Macmillan in Lanarkshire require either a Standard Disclosure check or membership of the PVG Scheme (Protected Adults). We'll support you to complete the relevant paperwork during the recruitment process.

What's the commitment?

We ask that volunteers commit where possible to one walking session each week (approximately one hour walking, plus social time before or after). This regular commitment from you will help to provide service users with a consistently great experience of the Move More Programme

Application forms can be found online at www.culturenl.co.uk/macmillan.

For more information contact our Volunteer Manager who will be happy to discuss your enquiry and the role in more detail, and answer any questions.

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