

ACE – Action in Caerau & Ely - *Gweithredu yng Nghaerau a Threlái*,
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Volunteer Role Description: Volunteer Walking Group Leader (Yourspace, Cardiff North)

Project details:

Yourspace is a social prescribing and community development service, providing 1:1 support to individuals to improve health and wellbeing through making use of community assets and 3rd sector services; and developing wellbeing-focused groups and activities for people to take part in.

We are looking for someone who enjoys being outdoors, and has some experience in either leading walks or going on walks with groups. It is a role for someone who is ok to work independently with some support from ACE wellbeing development officer in the **North Cardiff Area**

Volunteer Role: Volunteer Walking Group Leader (Yourspace, Cardiff North)

Project Lead: Scott Bees: Cardiff North Community Health Development Worker

Venue: Roath Park Lake

Time: Every Wednesday 9:50-12

DBS / Specific training required? No

Time Credits? Yes

Desired Skills:

- Friendly
- Empathetic
- Committed
- Likes outdoors
- Interested in walking
- Has a desire to learn
- Has good communication skills

Volunteer responsibilities:

- Help in organising walks
- Leading walks independently
- Ensuring health and safety procedures are followed

Project lead responsibilities:

- To manage the volunteer rotas, safeguarding and overall running of the day
- Responsible for the overall health and safety, manual handling and first aid.
- To advise and manage any strategic or practical changes to the project.
- To oversee purchases and spending for the project.
- To outline the running order of the day and distribute tasks and responsibilities.



- Include safeguarding, health & safety etc