



Volunteer role: Amble to Ramble Wellbeing Buddy for Walking Groups

Background

This is an exciting opportunity to join a new walking project delivered by **Bromley Well** in partnership with **Transport for London (TfL)**.

“**Amble to Ramble**” aims to encourage local people with long term health conditions and associated mental health problems, to get outdoors and enjoy the benefits of walking on their health, wellbeing and lifestyle.

We are seeking walkers of all levels to volunteer and develop their skills in engaging, mentoring and supporting adults to improve their resilience and wellbeing through a 6 week walking programme.

Purpose of role

To use your own lived experience, to improve the lives of other people experiencing mental health difficulties, disabilities, learning difficulties, long term health conditions, or people in caring roles. Help them achieve positive and sustainable changes in their lifestyle, health and wellbeing through walking and talking activities.

Continued...

Further information and to apply contact Bromley Well on **020 8315 1905**
volunteering@bromleywell.org.uk **www.bromleywell.org.uk**

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Activities

- Co-lead a group of up to 12 people in a 6 week walking programme in a local park in Bromley borough
- Offer emotional and befriending support to group members to boost their social confidence
- With Group Leaders, help provide emotional support before, during or after the walk
- Understand and monitor the wellbeing of people who might need more support

Skills and Experience

- Warm, friendly and approachable
- Ability to empathise with others and the situations they might be living with
- Knowledge/training on how to talk to or support people experiencing common mental health problems such as worry, panic, stress, or low mood e.g. listening or basic counselling skills
- An interest in physical wellbeing and activity
- Happy to work independently and as part of a team
- Where possible, lived experience of mental health difficulties, disabilities, learning difficulties, a longer term health problem, or experience of being a carer, is desirable.

Continued...

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Training and support offered

Training and supervision from our Mental Health and Wellbeing Team on techniques such as Mental Health Awareness and First Aid, and Empathetic Listening. Additional training will be provided by our Walking for Health Advisors.

Benefits to volunteers

- You'll gain a sense of satisfaction and achievement from helping other people
- Gain unique skills in supporting people to manage and improve their physical and mental wellbeing through walking
- Receive formal training in Mental Health First Aid along with other Bromley Well courses
- Ongoing support from your Bromley Well line manager
- A reference maybe available after a qualifying period of time
- Out-of-pocket expenses will be reimbursed.

Want to find out more?

We'd love to hear from you, call 020 8315 1805 or email volunteering@bromleywell.org.uk to get started today!

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