



Feelgood Walks Volunteer

Bathscape is a 5 year landscape partnership project which aims to restore and reconnect people with the natural landscape around Bath. As part of this we run a year-round programme of Feelgood Walks, in partnership with Timebank Plus. Coordinated by Timebank Plus, the walks are suitable for people of all ages and fitness levels but ideal for those looking to get some gentle exercise in the fresh air.

Feelgood walk leaders and assistants contribute by offering walks throughout the year. The walks occur on Tuesdays and start at 2pm from various locations in Twerton and Whiteway. They last approximately 40-60 minutes and cover 1-2 miles. The walks are aimed at people wanting to improve their health and wellbeing, or taking their first steps to fitness. Benefits of the Feelgood walks include meeting new people, increased energy, reduced stress improved sleep and the opportunity to explore and enjoy the outdoors in a supportive environment.

Purpose of the role

To inspire people to access the landscape setting of Bathscape and help them improve their health and wellbeing through regular walks. To contribute to the development and delivery of the Feelgood walks programme.

Activities and timescale

With the support of the Timebank Plus team you will:

- Develop your knowledge of the route
- Ensure people receive a warm, friendly welcome to the walks
- Introduce the walk and outline the route and possible themes to the group
- Alert people to any risks during the walk
- Pace the walk to meet the needs of the group so that everyone feels included
- Respond to any concerns or questions about mobility and access
- Interact with the group and ensure the walk is an enjoyable experience for all
- Promote the Feelgood walks to the group, as appropriate

We are seeking people who can volunteer on Tuesdays. We are developing a team of volunteers to offer walks to the public on a weekly basis. To create variety within the walking programme Timebank Plus are interested in making the most of your skills and

interests - for example you are welcome to weave your interest in nature, heritage, art, storytelling, music or wellbeing into the walks you help with. If you have an idea for a walk and are happy to lead one, please get in touch. Alternatively, if you'd like to get involved but are not confident about leading a walk, we are also looking for assistants.

This role will suit people who

- Are inspired to develop and share an interest in health and wellbeing
- Have a positive, patient and friendly attitude
- Enjoy communicating with members of the public in an encouraging way
- Interested in enabling people to introduce changes into their lives
- Enjoy volunteering independently and as part of a team
- Have some experience of leading walks, or have no experience and want to learn how to lead walks

Benefits of the role

- This is a sociable role offering an uplifting time speaking to the public
- Make a real difference sparking people's interest in Bath's landscape and wildlife
- Develop knowledge and experience of leading or assisting with guided walks
- Gain public engagement and customer service experience
- Have access to training sessions and informal skill sharing
- Walk leading is a fantastic opportunity to get some gentle exercise in the fresh air and meet new people
- Be part of a friendly and dedicated team
- In most circumstances, we will cover reasonable travel expenses to ensure that you have access to opportunities
- We can provide a volunteer reference

How to apply

For more information about Feelgood Walks volunteer opportunities, please contact Viv or Rowan at Timebank Plus at timebankplus@gmail.com or telephone 01225 442813.

For more information about volunteering with Bathscape, please contact the Bathscape Volunteer Coordinator at info@bathscape.co.uk or telephone 01225 477593.

This role is entirely voluntary and therefore unpaid. Any offer of a volunteer placement is not intended to create a contract between us and any agreement can be cancelled at any time at the discretion of either party. Neither of us intends any employment contract to be created either now or any time in the future.