

KINGTON WALKS VOLUNTEER HANDBOOK

Kington Walks is a registered charity that aims to promote walking with its benefits to health and wellbeing in Kington and its surrounding area. Kington Walks is an entirely voluntary organisation and believes in the value of voluntary activity. Kington Walks is committed to ensuring that volunteers within its own organisation are appropriately involved, valued for their contribution and respected as colleagues.

Kington Walks wishes to:

- Acknowledge and support the role of volunteers in its work.
- Provide appropriate information and support to its volunteers.
- Encourage and enable the involvement of volunteers.

This handbook is intended for use by Kington Walks volunteers as an introduction to volunteering with us.

Volunteer Roles

There are many different ways to volunteer for Kington Walks. All our volunteer roles can be very enjoyable and rewarding, for example by making a difference to individuals, or supporting the community of Kington and its local area. Contact us at info@kingtonwalks.org to have a conversation about how you could get involved. We are always very pleased to hear from people from all walks of life who are interested in volunteering with us. You can also find out more about us by visiting our website at www.kingtonwalks.org

You will be supported as a volunteer so that you know what is involved and who to ask if you have questions.

Below are the main volunteer roles in Kington Walks.

Walking Festivals

- Walking Festival Walk Leader: Leading a walking Festival Walk; route planning and risk assessment; greeting people, providing information; promoting the enjoyment and the safety of participants.
- Walking festival Backmarker: supporting the Walk Leader and walkers on a Walking Festival Walk – Walk Leader leads the way and Backmarker walks to the rear, ensuring no-one is left behind.
- Walking Festival Rota: On duty in the Festival Office to help with enquiries, and to keep a record of the start and finish of walks.
- 8 Peaks Challenge Marshall: help with stewarding the 8 peaks challenge.
- Events stewarding: help to set up events such as talks, music and quizzes, welcome participants, check tickets.

Footpath Maintenance

Working together with other volunteers to maintain local footpaths, including:

- Meeting together with the Kington Walks Footpath Co-ordinator to plan work.
- Taking part in regular working parties to carry out maintenance, including repairing footpath signs; mending stiles; replacing stiles with kissing gates; clearing encroaching overgrowth; removing litter and obstacles.

Walking4health

Kington Walks Walking4health provides regular walking activity designed for people who are inactive or suffering from a long-term health condition, to support improvement to mental wellbeing and acting as either a step up to increased fitness or a step down for those whose level of fitness has declined due to age or illness. and improvement to mental wellbeing. Individuals taking part can self-refer or are referred by Kington Medical Practice. Walks are no more than 90 minutes long and take place in Kington on Thursday mornings, from Spring to Autumn.

- Walking4health Walk Leader: leading a walk on a route planned and assessed as suitable by the Walking4health co-ordinator; welcoming participants; providing information; helping to provide an encouraging and positive approach to support participants.
- Walking4health Backmarker: supporting the Walk Leader and walkers on a Walking4health walk: Walk Leader leads the way and Backmarker walks to the rear, ensuring no-one is left behind.
- Walking4health volunteers require a DBS check as they may be working with vulnerable people. Kington Walks will arrange and pay for your DBS.

Kington Walks Committee

The Kington Walks Committee meets every month to oversee all of our activities. Joining the Committee is a great way to get to know Kington Walks, by helping with planning and decision-making, and supporting our aim of promoting walking with its benefits to health and wellbeing in the Kington and surrounding area. Committee members can get involved in different areas of the organisation such as publicity, events planning, or sponsorship. Alternatively, they can help out as and when needed in the Walking Festivals, the Community Shop and any of our other activities.

Training, Induction and Support for volunteers

- First Aid (Heartstart) training is provided for Festival and Walking4health Walk Leaders and Backmarkers. All footpath maintenance working parties are accompanied by a first aider.
- Equipment: First aid kits and Hi-Vis clothing, where needed, are provided for every walk. Tools are provided for footpath maintenance.
- Footpath maintenance volunteers receive training in use of tools, repairs and gate installation.
- Volunteers can claim for their travel expenses to be remunerated.
- Induction is provided in several ways: all our activities have a co-ordinator who will welcome and introduce you as needed; they will provide you with any documentation needed, including our Safeguarding Policy, and go through procedures with you; you may be paired up with an experienced volunteer to support you.
- Volunteers are covered when volunteering with us by Kington Walks' public liability insurance.

