

Move Mate (volunteer role)



Hours: Minimum of 1 hour per month to suit your availability

Location: York

Want to do something amazing and be a Move Mate? There's no minimum commitment, you just tell us when you're available and we'll allocate you where you're needed!

Our walking buddy scheme is called Move Mates and our aim is to give people the confidence to get outside and get moving with your help.

You will be allocated to a service user who you will meet at their front door and accompany them wherever they want to go; perhaps it's a walk to the local shop or to pick up a prescription, or it could be a walk to an activity they wanted to attend, maybe they fancy a walk around the block just to get moving and have a chat.

We will be helping anybody of any age, people facing:

- mobility worries
- fear of falling
- social anxiety
- loneliness

For this role we require you to undertake a DBS check, provide a character reference (on application form) and take part in a training session with us.

The training session will include adult safeguarding, basic mental health awareness and you will be trained in some basic exercises to help with balance and coordination too.

Job role:

- To provide a minimum of 1 Move Mates support walk per month
- Ensuring service user are made to feel welcome and at ease
- Reporting any accidents or incidents
- Send pictures/quotes to the social media coordinator (with service user consent)

Person specification:

- Minimum age 18
- Compassionate and empathetic to people from all walks of life
- Good verbal communication
- Current DBS update (or documentation to get one)

Benefits of volunteering for us:

- Initial training day which includes mental health awareness training, basics of exercise
- Be part of an exciting and supportive community
- Awesome feel good factor! You are a star!