



## Redbridge Rainbow Walking Group Volunteer

### About Redbridge Rainbow

Redbridge Rainbow is an LGBTQ+ charity that celebrates and supports LGBTQ+ people who live, work, study or socialise in the London Borough of Redbridge. We run a range of different activities for LGBTQ+ people and allies. We also engage with local services and professionals to ensure local services and organisations are inclusive of LGBTQ+ people. Volunteers can play a really valuable role in supporting our activities in different ways. We welcome volunteers from across our communities and can provide support, training and take account of reasonable adjustments and individual requirements.

### Role

We are looking for a **Walking Group Volunteer** to support our On the Move! monthly walks. These walks take place in Redbridge and beyond. Please see [our website](#) for more information. We will announce the dates and locations for our summer walks soon.

### Timings

The walks take place on Saturdays 11am-1pm or weekday evenings 6-8pm (when it is light in the summertime). It would be helpful if you can arrive 15 minutes before the start time. The walks run March-September for the next 3 years. We hope volunteers can attend the walks on a regular basis, but we do not expect volunteers will be able to attend every walk.

### Main tasks and responsibilities

- Welcoming walk attendees
- Supporting the walk leader
- Supporting activities during the walk (e.g. mindfulness, creative activities, nature spotting – we will provide any information and training as needed)

Some volunteers may also want to be involved in planning and leading walks and training is available for this.

## Skills and knowledge

We appreciate that each volunteer will bring different skills and knowledge to the role and would be happy to discuss this with you. Skills and knowledge in these areas would be helpful:

- Active conversation and listening skills
- Knowledge of flora and fauna
- Mindfulness, forest bathing
- Creative activities
- Facilitation
- Planning and leading walks

## Support and training

We provide a volunteer induction to all new volunteers and we will explore any specific training needs with individual volunteers, as well as reasonable adjustments or other personal requirements. We will make sure volunteers have information about any activities we are running during the walks and their role. As part of the Waking and Cycling Grants London programme, volunteers can also attend training (e.g. first aid, communications, planning and leading walks). All volunteers have a named contact at Redbridge Rainbow who can respond to any questions and have regular check-ins with volunteers, including before and after activities.

## Expenses

Redbridge Rainbow can cover reasonable travel expenses and reasonable meal expenses if the activities run over mealtimes.

## Benefits to the volunteer

Volunteering with us can help you to learn new skills, increase your knowledge or build your confidence, as well as satisfaction in supporting the local LGBTQ+ community. We will discuss your personal goals with you and explore in what ways volunteering can help you to work towards them.

## How to apply

If you are interested in the role, please contact us on [info@redbridgerainbowcommunity.org.uk](mailto:info@redbridgerainbowcommunity.org.uk) or 020 3336 3766. We will send you a short application form.

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