

# MENWALKTALK

## Volunteer Role Descriptions

These role descriptions set out what is involved in the voluntary positions available at MenWalkTalk. There is no hierarchy to the roles, but each has a different remit and requires different levels commitment from yourself in terms of both time and the type of activities involved in contributing to our charity.

We want to assure you that we appreciate you volunteering with us! We also want you to be confident in MWT's commitment to do the best we can to make your volunteer experience with us a positive and rewarding one.

We have **two** volunteer roles for you to consider. Please review both role descriptions to help you decide what volunteer role you would like to take on:

### 1: MenWalkTalk Campaigners

The role of **MenWalkTalk Campaigners** is to help promote the work of MenWalkTalk. This might take many different forms and activities, and a range of these are summarised below. This list is not exhaustive and the key is for you to decide what **you can do** to assist us, not to achieve, or even attempt, everything on this list.

As you can see, the role of MenWalkTalk Campaigner is flexible; you may only be able to commit to 2 hours a month, so this role can be adapted to fit whatever time you have available and we understand how this can change.

The **MenWalkTalk Campaigner** role could include:

- Being a positive role model for championing change in attitudes to men's mental health and be motivated to bring about change.
- Having some knowledge and understanding of men's mental health and be open to learning more over your time as a volunteer.
- Having a good understanding of what MenWalkTalk does and how it operates.
- Offering support to your local MenWalkTalk group; if you don't have a local group then discuss with the Operations team if this is something for them to consider setting up.
- Be willing and able to engage with others to introduce MenWalkTalk and pass on any interest so that the Operations team can follow up if necessary.
- Be willing to use social media to help raise awareness of MenWalkTalk and your local group, and to show support for other mental health initiatives in their local community.
- Supporting MenWalkTalk fundraising campaigns by participating and publicising these initiatives via social media.
- Writing posts that MenWalkTalk could use to distribute in their newsletter, blog and social media pages.
- Spreading awareness by distributing leaflets and posters to community centres, GP surgeries, and ensuring that posters are present in local community hubs/buildings.

## 2: MenWalkTalk Group Leaders

The role of **MenWalkTalk Group Leaders** will build on the role of the Campaigner at a local level and be the leader of a local walking group.

Being a **Group Leader** involves a more regular commitment as you will be taking responsibility for one of the main objectives of our group: leading a local walking group. With this in mind, these are the activities involved in being a **Group Leader**:

- Having a good awareness of the activities connected with the MenWalkTalk **Campaigner** role and be willing to support the charity by undertaking some of these activities.
- Lead a local walking group, being a point of contact for the walking group participants.
- **Be able and willing** to be facilitating a walking group at least once monthly
  - We understand that you may be working full-time and have a family life, so please consider carefully if this level of commitment is right for you
  - you may only be able to commit to once a month; this is okay, as long as it can be the same day/time each month and this can be evenings or weekends, for example
  - We want our Group Leaders to take ownership of this as long as it works for you and the participants who attend
  - It is important that if for any reason you cannot make it to lead a walking group you are able to ensure there is someone able to step in for you
- Being prepared to provide advice and guidance regarding any concerns, within the limitations outlined below (see section below on what volunteers **should not do**)
- Being willing to interact with and, if needed, offer support to other Group Leaders

### Important thoughts on our volunteer roles

MenWalkTalk has been set up to offer opportunities for men with mental health issues to come together and feel no pressure or stigma about discussing their issues with other men.

Supporting men with mental health issues is at its core, and it may help you in your volunteering if you too have lived experience of a mental health problem, either personally or from a close relative or friend. It will also help if you have an open, non-judgemental attitude, and that you are able to adopt a positive, patient and supportive approach towards supporting people with mental health problems.

We would like you understand that whatever role you are able to volunteer for, when representing MenWalkTalk volunteers should at all times behave in a professional, confidential and non-discriminatory manner at all times, and promote equal opportunities for all.

### What a MenWalkTalk Campaigner or Group Leader should not do

MenWalkTalk is about getting more people walking, benefiting from the physical, social and mental wellbeing benefits that come from walking and talking.

Within their volunteer roles, MenWalkTalk Campaigners and Group Leaders should not offer to provide individual or emergency support for people experiencing mental health problems or in crisis. There are lots of people and organisations who can help, and MenWalkTalk Campaigners and Group Leaders will be provided with information and guidance on signposting anyone to access the necessary support.

Similarly, unless they are qualified to do so MenWalkTalk Campaigners and Group Leaders won't provide therapeutic or coaching advice. Again, you will be provided with information on directing anyone to the appropriate support.