

## **Volunteer roles with MenWalkTalk**

Currently there are 3 volunteer roles, MenWalkTalk Campaigners, MenWalkTalk Champions and MenWalkTalk Leaders. There is no hierarchy to the roles, but each has a different remit and require different levels of qualifications/experience and time commitment from yourself.

MenWalkTalk aims to establish a network of volunteers across England to:

- promote MenWalkTalk and the benefits to mental wellbeing through walking, supporting the aims of MenWalkTalk.
- work with their group to support its members to improve their mental health through walking and talking.
- support new people who may be experiencing mental health problems to start participating in a walk, get back to a walking group, or continue walking with their local group.

### **1. MenWalkTalk Campaigners**

The role of MenWalkTalk Campaigners is to promote the work of MenWalkTalk, raise awareness of the groups that are happening and also support partnership links, building these with local community support/groups and MenWalkTalk Champions/Leaders.

MenWalkTalk **Campaigners** will:

- Be a positive role model.
- Have good use of Social Media.
- Be confident talking about MenWalkTalk.
- Have a good understanding of Men's Mental Health.
- Motivated to bring about change.
- Support MenWalkTalk fundraising campaigns, sharing their participation, helping us to publicise these campaigns via social media.
- Write posts that MenWalkTalk will use to distribute in their newsletter, blog and social media pages.
- Spread awareness by distributing leaflets and posters to community centres, GP surgeries, and ensuring that posters are present in local community hubs/buildings.

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

Location: You can volunteer from your own home in this role.

### **2. MenWalkTalk Champions**

The role of a MenWalkTalk Champion is to facilitate walking groups, supporting people to access the mental wellbeing benefits of walking, remove stigma and get people talking about mental health. Champions will not be expected to provide mental health support in this role, but they will be provided with resources that can be discussed to inform participants of self-care strategies as well as details of where to signpost people for professional support with their mental health.

Once appointed, MenWalkTalk Champions are provided with guidance and advice to support them in the role along with support with any transference.

MenWalkTalk **Champions** will:

- Be nominated and appointed by MenWalkTalk and act on their behalf.
- Have lived experience of a mental health problem, either personally or from a close relative or friend.
- Have an open and non-judgmental attitude.
- Adopt a positive, patient and supportive approach towards supporting people with mental health problems.
- Be a positive role model.
- Behave in a professional, confidential and non-discriminatory manner at all times and promote equal opportunities for all.

Along with any other MenWalkTalk Champions, they will:

- Support MenWalkTalk campaigns and register an organised walk for each event
- Provide crisis contacts to their group(s)
- Be a point of contact for anyone experiencing mental health problems to join their group(s)
- Encourage and promote conversations about mental health
- Make links with mental health organisations in their local community
- Actively promote the mental wellbeing benefits of walking

### **What MenWalkTalk Champions do:**

We ask MenWalkTalk Champions to consider doing some or all of the following, but how much time and exactly which parts they do is up to them and the group they are leading.

The role of the MenWalkTalk Champion includes:

#### **1. Supporting.**

Working with other people in their group to proactively support the mental wellbeing of group participants.

#### **2. Engaging.**

Making links between their group with local mental health groups and organisations and encourage their members to start walking too.

#### **3. Tweeting.**

Posting on their social media accounts, using #MenWalkTalk particularly during campaign periods.

#### **4. Sharing.**

Sharing social media posts from MenWalkTalk, Mind and other Mental Health Champions using #MenWalkTalk.

#### **5. Talking.**

- Starting conversations about mental health with other group participants.
- Sharing good news stories in your social media accounts to get people talking/sharing the word.

#### **6. Advocating.**

Sharing guidance and information provided by MenWalkTalk with group participants and others about mental health issues related to walking.

## 7. **Volunteering.**

Getting involved and actively participating in wider volunteer opportunities to support people experiencing mental health problems to start walking.

The role of MenWalkTalk Champion is flexible, you may only be able to commit to offering a group once a month, this is okay, as long as it can be the same day/time each month. We understand that some people may be able to offer evenings, others may be able to offer weekends. We want our Champions to take ownership of this as long as it works for you and the participants who attend.

Location: A walking route in your local area. Public spaces only.

Our aim is to one day have a MenWalkTalk Champion, offering a MenWalkTalk group, monthly, in every county across England so that people experiencing mental health problems can access the benefits of walking in a supported way.

MenWalkTalk Champions are appointed directly by MenWalkTalk Director.

## 3. **MenWalkTalk Leaders**

MenWalkTalk **Leaders** will:

- Already be a MenWalkTalk Champion
- Hold a Mental Health First Aid Training qualification (2 days or equivalent) or be willing to complete as soon as possible.
- Have professional experience of working in mental health settings in the community (e.g. in a mental health charity) or the NHS in a practitioner role this could include in support roles, therapist, mental health nurse or another relevant clinical role.

They will:

- Undertake the activities within the role of the Champion
- Provide an advisory role to MenWalkTalk regarding current issues Men/Participants are facing.
- Provide support to other Champions (Champions will be assigned to a specific Leader for support/guidance)
- Be a point of contact for Champions and provide advice and guidance regarding any concerns

MenWalkTalk Leaders are appointed by MenWalkTalk, Director.

### **What MenWalkTalk Leaders do:**

MenWalkTalk Champions who work in the mental health sector and have specific training and qualifications in this area can apply to also become a MenWalkTalk Leader. This is an additional role to the MenWalkTalk Champion where they provide support to a number of MenWalkTalk Champions who may be from outside of their club or group. This means that every MenWalkTalk Champion who wants to, has someone they can turn to with expertise in mental health.

MenWalkTalk Leaders are also be asked to provide wider support to MenWalkTalk through guidance, advice and contributing to the development and delivery of development opportunities for MenWalkTalk Champions.

The role of MenWalkTalk Leader is flexible, we would like you to be facilitating a group at least once monthly and supporting at least two Champions. We understand that you may be working full-time too, so we would want you to feel able to manage your own time around offering support and guidance to other Champions as you are able to.

Location: A walking route in your local area. Public spaces only. Some working from home/phone when supporting Champions.

**What a MenWalkTalk Campaigner/Champion/Leader won't do**

MenWalkTalk is about getting more people walking, benefiting from the physical, social and mental wellbeing benefits that come from walking and talking. **MenWalkTalk Campaigners, Champions and Leaders are not able to provide individual or emergency support for people experiencing mental health problems or in crisis within their role.** There are lots of people who can though, and MenWalkTalk Campaigners, Champions and Leaders know who they are and how to access them.

Similarly, unless they are qualified to do so MenWalkTalk Campaigners, Champions and Leaders won't provide therapeutic/coaching advice.

**None of these roles are expected to act as a practitioner for providing mental health support but will be provided with information and guidance on how to help someone access support.**

**To apply:**

In order to apply for any of these roles, you must fill in an application form and agree to our Mission, Vision and Values statement. We will then contact applicants for an informal telephone interview/chat.