

MenWalkTalk – Volunteer Role Descriptions

At MenWalkTalk, we value every individual who gives their time to support men's mental health. Each of our volunteer roles plays a unique part in helping men across the UK feel heard, supported, and connected. There is no hierarchy to the roles—just different levels of involvement and commitment.

These role descriptions outline what's involved and the kinds of activities you might take on. You don't need to tick every box. The most important thing is that you care, show up, and do what you can.

1. Volunteer Walk Leader

Commitment: Flexible, ideally 2–3 hours per week

Location: Local area (in-person walks)

As a Walk Leader, you'll organise and facilitate MenWalkTalk walking groups. You'll create a welcoming, safe space for men to connect, walk, and talk. This role is ideal for someone passionate about mental health and community wellbeing.

- **Key Responsibilities:**

- Lead regular walking sessions and ensure the safety and wellbeing of all participants
- Promote inclusivity and support open, stigma-free conversations
- Plan walk routes, meeting points, and logistics
- Conduct pre-walk briefings and check-ins
- Raise awareness of your walk in your local community (e.g. posters, social media, word-of-mouth)
- Signpost participants to professional help when needed (you will be given guidance for this)

- **Key Skills:**

- Friendly and inclusive attitude
 - Strong communication and leadership
 - Empathy and reliability
 - Moderate physical fitness
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2. Volunteer Community Networker

Commitment: Flexible—around 2 hours per week or as suits your availability

Location: Remote or Local

Community Networkers help MenWalkTalk grow its visibility, connect with local services and communities, and support walk leaders. This role is ideal for those who want to contribute to the mission without leading a walk.

- **Key Responsibilities:**

- Share MWT social media posts and raise awareness online
- Distribute posters and flyers in the local community
- Support walk-leaders with outreach and promotion
- Build links with local businesses, social prescribers, and community groups
- Contribute to awareness campaigns and fundraising efforts
- Help promote the values of MWT in your own circles

- **Key Skills:**

- Confidence and people skills
 - Proactive and organised
 - Comfortable using social media or promoting in person
 - Passion for supporting men's mental health
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What You Get:

- Access to Employee Assistance Program
 - Ongoing support and training with access to E-Learning incl: MHFA training, Mental Health & Safeguarding Adults Awareness
 - Meaningful community impact
 - Leadership and facilitation skills
 - Strong peer connections
 - Flexibility to contribute in your own way
 - Support and recognition from the MWT team
 - Experience in outreach, engagement, and community support
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Important thoughts on our volunteer roles

MenWalkTalk was set up to offer opportunities for men to come together to find support and feel no pressure or stigma about discussing their issues with other men. Supporting men some of whom may be experiencing mental health issues is our core aim, so 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-judgmental 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 to understand that whatever role you are able to volunteer for, when representing MenWalkTalk volunteers should always behave in a professional, confidential and non-discriminatory manner.

What Our Volunteers Don't Do

While you'll be offering peer support and encouragement, we want to be clear:

- Volunteers do not provide therapy, crisis support, or medical advice.
- If someone needs urgent help, you'll be trained to signpost them to the right professional support.

Things to consider before you apply for a role with MenWalkTalk

Before applying to volunteer with MenWalkTalk, please take a moment to reflect on the following points. We want to ensure that every volunteer is fully aware of the responsibilities involved and is ready to make a meaningful, lasting contribution:

- **Volunteering is a commitment**, not just a one-off task. You'll be supporting real people who rely on consistency and trust in our walk spaces.
- We ask for a **minimum commitment of 12 months**. This helps ensure that men attending our walks can build lasting connections with reliable leaders.
- It's **not just about the walk—it's about being present**. That means showing up regularly, maintaining communication, and taking the role seriously.
- Recruiting and onboarding new volunteers costs the charity time and money. As a small team with limited resources, every volunteer matters. Unfortunately, we've had too many volunteers drop out during onboarding or shortly after starting, often due to fading enthusiasm or not fully realising what the role involves; This leads to wasted resources, disruption for walk participants, and disappointment for the team.
- Please don't apply just to boost your CV or because it "sounds good." This role requires compassion, consistency, and a real desire to support men's mental health.
- You will be making a difference—but only if you're truly ready to commit.

If you've read this and still feel inspired and committed—we'd love to hear from you. You could be the person who helps change someone's life, simply by showing up.