

Walk Leaders

ROLE SUMMARY



Location	Thurrock, Basildon and Tendering
Responsible to	Peer support workers and B3 CEO

Purpose/Summary of Role

To lead or support local community walks that encourage gentle activity, social connection, and wellbeing. Volunteers will help ensure that everyone feels safe, included, and welcomed..

What you'll do:

- 🌸 **Lead or support local walks** in Thurrock, Basildon, or Clacton.
- 🌸 **Give everyone a warm welcome** and help them feel comfortable and included.
- 🌸 **Encourage connection** by chatting, introducing people, and creating a relaxed atmosphere.
- 🌸 **Support wellbeing** by making walks enjoyable, safe, and at a gentle pace for all.
- 🌸 **Be part of the team** – follow B3's policies (like safeguarding and confidentiality) so everyone feels safe.
- 🌸 **Stay connected with us** – join regular check-ins and support sessions with the B3 team.
- 🌸 **Share what you notice** – let the B3 team know if you have any concerns, ideas, or feedback.
- 🌸 **Be a positive representative** of B3 in your community – friendly, professional, and approachable.

🌸 **Look out for everyone's needs** – making sure the walk is accessible and enjoyable for all.

♥ You don't need to be a fitness expert – just a kind, reliable person who enjoys walking and meeting others.

Benefits of Volunteering

When you give your time with B3, you're not just volunteering – you're joining a movement that's making a real difference for families. Here's what you'll gain:

- 🍌 **Meet new people** – build friendships and connections in your community.
- 💜 **Make a lasting impact** – help improve the parenting experience, especially for Black women who face stigma, isolation, and health inequalities.
- 🌱 **Learn and grow** – gain new skills, knowledge, and experiences along the way.
- ⭐ **Boost your confidence and wellbeing** – feel valued and uplifted as you support others.
- 🌍 **Feel fulfilled** – know you're creating positive change and building a stronger, more inclusive community.
- Volunteering with B3 is about walking alongside families, sharing kindness, and helping everyone feel they belong.

Training and Support

Before commencing volunteering, we ask that volunteers participate in the following online volunteer training with B3 which will cover.

- Your roles and responsibilities as a volunteer
- Communication/Active listening
- Equality, Diversity and Inclusion
- Safeguarding
- Mental health/Perinatal Mental health
- Health and Safety

You will have -

- Ongoing Supervision & support from the B3 team
- Out-of-pocket expenses reimbursed
- A chance to gain skills and give back to your community

Time Commitment

Approx 3- 4 hours per group - We welcome **any hours** that you can do in your local area

Support is needed across Thurrock -Tilbury, Sifford , Purfleet , Aveley

Basildon - 1 Thursday per month at present

Clacton one Monday per month at present

Reimbursement of expenses

Travel to and from the place of volunteering (mileage claimed at £0.45 per mile)

Personal Meals and refreshments up to £7 per day (receipts are required for all reimbursements)

B3 - Work tee if required

Admin cost such as postage and stationary

Contact

Nicole Lawal - contact@b3-community.com if you want to have chat about the role or any other role that we have.

Sign up via the link on our website

Status

	Assigned to:
	Open
	Archived
