

## Role Description

West Central London Mind

2025

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<b>Role Title:</b>	Walk and Talk Facilitator
<b>Supervised by:</b>	Head of Community Programmes & Community Programmes Coordinator
<b>Time Commitment:</b>	<p>A minimum commitment of 6 x 2 hours is required, at a frequency to be discussed.</p> <p>Sessions will last approximately 2 hours and range from weekly or fortnightly to monthly.</p> <p>Some additional availability during preparation desired (approximately 4 x 1 hour check-ins).</p>
<b>Role Purpose:</b>	To support WCL Mind Community Wellbeing Programmes in delivering their 2025 Walk and Talk series from planning through to delivery.
<b>Based at:</b>	Various (in and around W10)

**Are you a self-starter looking to join one of London's leading Mental Health Charities? Do you have a passion for social inclusion and the outdoors?**

**Join us in developing and delivering our 2025 Walk and Talk Series!**

## Role Summary

Walk and Talk is one of West Central London Mind's community wellbeing programmes. It is a preventative mental health initiative that takes groups of individuals on guided walks in and around West Central London to promote physical and mental health, combat loneliness and connect people to their community.

Over the course of 2025, we will be running 5 different groups with each group led by two lived experience facilitators.

Sessions will last approximately two hours and explore green spaces, locations of cultural or historical interest, community spots and museums and galleries, decided in collaboration with members of the group. Cohorts for 2025 will include:

1. Seniors Walk and Talk (50+)

2. Young Carers Walk and Talk
3. Walk and Talk for Guardians & Carers to Under Twos
4. LGBTQIA+ Young Adults Walk and Talk
5. Walk, Talk, Get Active (Improving physical health for mental health)
6. Walk and Talk for the visually and auditorially impaired

Their frequency will range from weekly or fortnightly to monthly depending on the group.

A Walk and Talk facilitator is pivotal to the success of the group, creating a welcoming space for individuals, overseeing meet-ups and the walks themselves, and ensuring events are welcoming, inclusive, and safe for the different groups.

Harnessing the power of nature and community, the walking groups will provide an inclusive, non-judgemental space to foster connection with individuals with shared experiences and reduce social isolation, while directly experiencing the positive impact of the outdoors on our mental health and physical wellbeing.

Please note this is strictly a voluntary position. We have 12 positions open. Positions will be offered from July 2025 onwards on a rolling basis. Relevant training provided.

### **Main Duties and Responsibilities**

- Supporting WCL Mind's Community Wellbeing Programmes Team in the planning and scheduling of your cohort's routes
- Overseeing regular walks from the meeting point to finish, encouraging participants to remain engaged, ensuring their safety and comfort with an awareness of different physical needs and capabilities
- Helping participants connect with each other, the local area and their community in an open and non-judgemental manner
- Taking regular registers and being a clear point of contact for participants, with support from the WCL Mind Community Programme Team

### **Role Requirements:**

- Lived experience of the relevant cohort you are keen to facilitate and related skills desirable OR demonstrable affinity with and understanding of selected group (please specify when submitting your interest)
- Passion for mental health and social inclusion
- Interest in (light) physical activity and its benefits for mental health
- Knowledge of London or willingness to explore
- Can-do attitude and imaginative approach to locations and route planning
- Awareness of risk management and reduction
- This role is open to adults over the age of 18

- You must have a valid DBS certificate within the last 3 years or be willing to undergo a DBS check. Please note having a criminal record will not necessarily be a bar to obtaining a position or placement and Westminster Mind will not unfairly discriminate against the subject of Disclosure of information on the basis of conviction or other details revealed.

### **Support / Training:**

All volunteers receive an induction, ongoing support, relevant training opportunities and regular check-ins from the line managers.

### **Benefits:**

- Make a positive impact in your community
- Be part of a friendly, passionate team
- Training and development opportunities

### **How to apply:**

- Deadline for submission is:  
Applications will be considered on a rolling basis. Please apply early to avoid missing out!
- Interview date:  
Successful applicants will be contacted for interview within 2 weeks of submitting their application
- Contact for enquiries about the role:  
Community Programmes: [community@wclmind.org.uk](mailto:community@wclmind.org.uk)