



Medway Movers Volunteer

Role Description

Purpose of the Role:

Medway Movers is a friendly and inclusive walking group designed for people living with dementia and their carers. The group promotes physical wellbeing, social connection, confidence, and enjoyment of the local community through gentle, accessible walks.

The sessions provide an opportunity for participants to benefit from fresh air, light exercise, and companionship in a safe and supportive environment.

As a Medway Movers Volunteer, you will help ensure walks are welcoming, inclusive, and safely supported. You will assist participants during the walk, offer encouragement and conversation, and help create a relaxed and enjoyable atmosphere.

You will be part of a team that champions the rights of people affected by dementia to remain active, independent, and connected within their community.

Reporting to: Dementia Wellbeing Manager/Group Facilitator

Location: Eternal Lake Nature Reserve, Cliffe

Hours: 3rd Wednesday of every month between 10.30 & 12.30

Expenses: Out of pocket expenses reimbursed in line with policy

The Role Responsibilities

You will be motivated by the opportunity to promote wellbeing and reduce isolation for people affected by dementia.

1. Welcome participants warmly at the start of each walk, helping them feel comfortable and included.
2. Support the Walk Lead in ensuring the group stays together and follows the planned route safely.
3. Walk alongside participants, offering conversation, encouragement, and reassurance where needed.
4. Be attentive to individual abilities, pace, and confidence levels.



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5. Respond calmly and appropriately to signs of fatigue, anxiety, or discomfort.
6. Promote independence and dignity, supporting individuals to walk at their own pace where possible.
7. Assist with basic risk awareness (e.g. uneven paths, weather conditions, road crossings) under the guidance of the Walk Lead.
8. Help with registration, refreshments, or informal social time before or after the walk if required.
9. Observe and report any concerns about participants' wellbeing to the Walk Lead or Dementia Wellbeing Coordinator.
10. Follow Alzheimer's & Dementia Support Services policies and procedures, including safeguarding, confidentiality, and health and safety.
11. Attend volunteer briefings, relevant training, and support sessions as required.

This role description is not exhaustive and may be amended to reflect the needs of the charity.

This role is subject to an Enhanced disclosure and Barring Service (DBS) check

PERSON SPECIFICATION

	Essential	Desirable
Skills		
Friendly, approachable and reliable	X	
Good communication and listening skills	X	
Able to work as part of a wider team	X	
Respectful, patient and non-judgemental	X	
Enthusiastic and encouraging	X	
Commitment to equality, diversity and inclusion	X	
Willingness to attend training and supervision	X	
Interest in health, wellbeing or outdoor activities		X
Basic awareness of outdoor safety		X
Experience of working with older people		X