

## Coatbridge Health Walks Project Officer

Starting date: November 2008  
Contract finishes: August 2009

### Job Description:

Manage the day-to-day implementation of the South Coatbridge Health Walks project to help create a healthier community and a healthier environment. This project particularly seeks to empower and assist individuals with mental health and well being problems to participate in regular healthy exercise such as walking.

### Principal responsibilities include:

- Develop and manage partnerships with local agencies, including health services, to enable them to recommend individuals to the Health Walks programme. Ensure Health Walk activities are part of a co-ordinated, consistent approach to community work, and experience is shared.
- Developing training plans and recommending or delivering suitable training and mentoring for these individuals.
- Recruit, induct and support volunteers and Volunteer Officers, so they receive a valuable experience through BTCV & CSFT, including training, enjoyment and a sense of achievement.
- Assist emerging Health Walk groups and guide them towards independence.
- Plan and research new Health Walk tasks and sites.
- Recruit, induct and support individuals into the Health Walk programme, this may include people who are inactive, feel isolated, or have mental health problems.
- Supervise and run Health Walk sessions for groups without a suitably trained local leader, including one session during the week and one at the weekend as necessary.
- Ensure that all activities adhere to standard policies and procedures; with particular emphasis on the health and safety requirements for Health Walks.
- Promote CSFT/BTCV's Health Walks activities by raising awareness of local conservation/health issues and activities
- Monitor the success of the Health Walk programme by keeping records, administering questionnaires, and analysing statistics. Produce written reports on progress and present findings at Steering Group Meetings, which include project funders and partners.