**Walking Buddy**

**Why do we need you?**

Over 40 per cent of blind and partially sighted people feel cut off from people and things around them and 50 per cent feel limited in the activities they can take part in. Something as simple as venturing into the garden can suddenly become daunting and overwhelming when you have lost your sight. Walking Buddies play a vital role in helping people to overcome these barriers by providing the support they need to get outside for a short walk.

**What will you be doing?**

* Guiding someone with sight loss.
* Meeting a visually impaired person at their home and taking them for a short walk in their local area.
* The walk could be to the end of the road and back or slightly further depending on each individual’s requirements.
* The walk will always be from the person’s house – no journeys on public transport or in the car will be required.

**What are we looking for?**

* Warm and friendly manner
* Active and enjoys walking
* Punctual and reliable
* Good communication skills

**What will you gain?**

You will have the opportunity to:

* meet new people
* learn to guide
* get more involved in your local community
* make a real contribution to the lives of people living with sight loss

**What’s involved?**

* This is a regular commitment and could be weekly, fortnightly or monthly depending on the agreement.
* You will agree a regular day and time (usually a weekday) to meet your buddy and you will be required to commit to this.
* You are only required to meet your buddy at their door, you do not need to enter their house.
* You are only required to walk with your buddy, you do not need to take them out in the car or on public transport.
* You will be given guiding training.
* Agreed mileage costs for your travel to your buddy’s house will be reimbursed.
* We will need to complete a DBS check for this role.

**How to apply**

For more information about this or any of our other volunteering roles, please contact Jodi Strick on 01872 261110, jstrick@isightcornwall.org.uk.