

Who Dares Cares

Role Description for Walk, Talk and Brew Coordinator



Purpose, Aims and Goals of Walk, Talk and Brew

Walk, Talk and Brew is an original event and activity designed and set up by founders of Who Dares Cares Colin and Calum. It was thought of and created around an idea of giving veterans and those who experience mental health problems a safe place to socialise with others in similar circumstances, a safe place to talk if they wished to and a place to be advised of services within Who Dares Cares and Mental Health Services that may be of benefit to them. This is all whilst engaging in some light exercise that can be beneficial for an individual's mental health and building confidence gradually in social settings and activities.

Walk, Talk and Brew Coordinator

The role of the coordinator of a Walk, Talk and Brew would be to represent Who Dares Cares in a professional and compassionate manner whilst leading a safe and enjoyable walk that can be enjoyed by all participants. During this activity, the lead coordinator would be looking to identify any participants that require help and support or signposting to benefit their mental health through the services offered by Who Dares Cares. The coordinator would also provide support, listen to participants and monitor their ability during the walk including monitoring the conduct and safety of the group.



Great Views



Great Team Cohesion



Required Skills/Attributes/Training (All Training Provided by Who Dares Cares)

- Good active listening skills.
- Compassionate manner.
- Overall good communication skills.
- Mental Health First Aid Training.
- PTSD Awareness Sessions.
- First Aid Training.
- Up to date PVG.

The aim of our charity is to help support individuals and their families, from all walks of life, who are suffering from PTSD.



Desirable Skills/Training and Attributes

- General knowledge surrounding PTSD and other Mental Health conditions.
- Further training in Mental Health courses.
- An eagerness to communicate with Who Dares Cares.
- Basic First Aid or Basic Life Support Training.

Our Motto “Who Dares Cares” Means This

We dare you to care, become active in our charity work, support our activities, take part, and raise funds to help our future activities.



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