

Volunteer Role Description

Community wellbeing in the woods

Wellbeing in the woods volunteers help staff deliver a range of facilitated visits to Westonbirt for both one-day and multi-visit programmes focusing on improving health and wellbeing for groups of adult at risk of social exclusion such as mental health, drug and alcohol rehabilitation, and vulnerable adult services.

When

Depending on the activity each day varies from 3-5 hours, anytime between 10am-4pm; dates and details are advised in advance. Regular volunteer involvement is required in order to keep the programme running.

What's involved?

- ✧ Helping to deliver activities including, practical conservation, campfire cooking, natural craft, making natural skincare products, and mindfulness based activities.
- ✧ Supporting individual participants to enjoy and enhance their experience.
- ✧ Helping to evaluate sessions by documenting anecdotes and feedback of participants.
- ✧ Supporting and maintaining health and safety practices.
- ✧ Attending regular work mornings to prepare resources and work with other volunteers.

We'd like you to be

Enthusiastic with a patient and friendly approach, reliable, a good communicator with a positive attitude, and a willingness to be flexible and help where needed. A background in outdoor education, bushcraft and experience of working with vulnerable adults is advantageous.

We will

- ✧ Provide training in activity preparation and delivery, with occasional training workshops that may include wildflower walks, tree walks and other specialist courses such as mental health awareness.
- ✧ Provide tools and equipment with instruction, and personal protective equipment where needed.
- ✧ Provide ongoing support, help and guidance.
- ✧ Give you an on-site radio for communication.
- ✧ Not expect you to perform any physical care duties e.g. pushing a wheelchair
- ✧ Advise that terrain may be uneven, rough or muddy and you will be walking on and off paths in ALL weathers, therefore sturdy boots/shoes are needed.
- ✧ Pay a contribution to the cost of volunteering travel.
- ✧ Help you to complete the required Disclosure and Barring System checks (DBS).

Please send your application to us

By email at cheryl.pearson@forestry.gsi.gov.uk or by post to Cheryl Pearson, Westonbirt, The National Arboretum, Tetbury GL8 8QS

Recruitment coffee morning Saturday 19 November at 10.30am

To find out more come along to the volunteer recruitment coffee morning in the Great Oak Hall starting at 10.30am, where we'll give you a brief presentation about volunteering at Westonbirt followed by a cuppa and piece of cake whilst you chat to staff and volunteers about our current opportunities.

www.forestry.gov.uk/westonbirt-community