

## Volunteer Role Description

### Role: Wellbeing in the Woods Volunteer

As part of our ongoing Community Project, this role supports staff with adult groups at risk of social exclusion such as; mental health, drug and alcohol rehabilitation, and vulnerable adult services, to help deliver a range of facilitated visits at Westonbirt for both one-day and multi-visit programmes. We focus on improving health and wellbeing with a variety of activities that may include; practical conservation, campfire cooking, natural craft, making natural skincare products and mindfulness-based activities.

Informal meeting date: To be arranged one to one.

Commencement/training date: To be arranged one-to one

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### Typical tasks involved

- Supporting individual participants to enjoy and enhance their experience at the arboretum.
- Helping with set-up and closing of activities.
- Helping to evaluate sessions by documenting anecdotes and feedback of participants.
- Supporting and monitoring health and safety practices.
- Attending regular work mornings to prepare resources and work with other volunteers.

### Essential skills & qualities

- Good communication skills with a patient and friendly approach.
- Enthusiastic and reliable with a positive attitude.
- A willingness to be flexible and help where needed.

### Desirable skills & qualities

- Background in outdoor education/bushcraft.
- Experience in working with vulnerable adults.

### Welfare

You are generally working alongside Forestry Commission staff, and staff are on hand to support you in all aspects of the role. All tools and equipment are provided, with appropriate instruction given. Appropriate personal protective equipment is provided; you need to supply your own sturdy boots however, there are wellingtons available to borrow on the day (for practical conservation tasks). You are not expected to perform any physical care duties e.g. pushing a wheelchair.

A contribution to mileage expenses may be claimed. It is a requirement that volunteers for this role go through an enhanced disclosure.

### Commitment & frequency of activity

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

### Training required

Ongoing training in activity preparation and deliverance plus attending upcoming courses/workshops including wildflower walks, tree walks and other more specialist course when they arise such as mental health awareness.

[www.forestry.gov.uk/westonbirt-community](http://www.forestry.gov.uk/westonbirt-community)