# **Volunteer Role Outline**

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| **Role Title** Woodland Therapy Project Volunteer | |
| **Location** Bouldnor Nature Reserve, Yarmouth, Isle of Wight | |
| **Times, days and frequency we’d like you to be available** Mondays throughout the year – not Bank holidays: 10am – 3pm | |
| **HIWWT Manager/Supervisor** Barbara Czoch  [Barbara.Czoch@hiwwt.org.uk](mailto:Barbara.Czoch@hiwwt.org.uk)  07825 201585 | |
| **Purpose of role**Provide practical support for our group of adults with mental health issues | |
| **Tasks involved in this role**We work with adults with mental health issues, and people at risk of loneliness and isolation, or anyone who feels getting the opportunity to spend some time at our woodland nature reserve would be beneficial to their wellbeing. We take a participant-led approach to the 5 Steps To Wellbeing, which are: 1. connect.  2. be active.  3. take notice.  4. keep learning.  5. give.  We cook a hearty campfire lunch each week, and run a variety of craft activities and wildlife watching. Volunteers form part of a team with 1 or 2 members of staff to facilitate these activities for the participants. | |
| **Skills and abilities** Open and approachable – a people person  Have a connection with nature  Enjoy working outdoors  Craft skills also an advantage | |
| **Specific considerations** A good grasp of health and safety | |
| **What’s in for you?**  Meet new people  An opportunity to spend time at our lovely nature reserve, enjoying the smell of the pine trees and the salty sea air!  Hone your skills and learn some new ones in campfire cooking, woodland crafts, wildlife discovery, and the Forest School approach to group activities | |
| **Created/updated** 2.7.2019 | **End date (if applicable)** |

**These arrangements are binding in honour only and are not intended to be legally binding.**