

Volunteer Role Description:
Community Volunteer – Green Connections group

Role Title	Community Volunteer (Enjoying Derbyshire Programme – Green Connections nature connectedness project)
Programme/Project	Derbyshire Mind’s Enjoying Derbyshire community mental wellbeing programme - The ‘Green Connections’ project
Where (Project Location)	Whistlewood Common in South Derbyshire, near Melbourne (DE73 7NF)
Time Commitment	<p>Green Connections meets 1 day per month (9.30-5.30pm) It runs on approximately the third Thursday of the month.</p> <p>The session dates are: 15th July 2021; 16th September 2021; 21st October 2021; 18th November 2021; 20th January 2022; 17th February 2022; 17th March 2022; 21st April 2022; 19th May 2022; 16th June 2022.</p> <p>With an introduction event from 10-1pm on the 24th June 2021</p> <p>A commitment from you of at least 6 months is required following training</p>
Reports To	Jenny Ryan – Community Services Manager (On-the-day - Reports to group leaders from Wellbeing at Whistlewood)
Service Summary	<ul style="list-style-type: none"> • Green Connections is our ecotherapy or ‘greencare’ mental health project designed by Derbyshire Mind and Wellbeing at Whistlewood as part of our wider Enjoying Derbyshire programme, that aims to increase mental wellbeing through Nature Connectedness. • Sessions are run monthly as a full day session and, by observing and taking part in the available activities (a mix of both self-led and practitioner-led), group members will be gently supported to connect with nature, connect with each other, and connect with themselves and their own mental health. Activities are in-line with the changing seasons in nature and include horticultural based activities, conservation activities, natural art and crafts, and mindful forest bathing. • The day will be led by experienced leaders who are Certified Forest Bathing Guides and Forest Therapies Practitioners and further further supported by our Community Volunteers.
Purpose of this role	The purpose of this Community Volunteer role is to facilitate the smooth running and welcoming feel of Derbyshire Mind’s

	<p>Green Connections days at Whistlewood Common by presenting a warm, friendly and non-judgemental presence, supporting participants, assisting the group facilitators/staff, and being an ambassador for Derbyshire Mind.</p> <p>As a Community Volunteer you will help provide friendly support to the group participants in attendance so that they feel welcomed, safe, and potentially more confident about getting involved with the group and its activities on offer.</p>
<p>Description of tasks</p>	<ul style="list-style-type: none"> • To provide gentle support to participants and help the wellbeing days run smoothly • To assist with setting up for the activities, setting up tables and chairs, help with refreshments, arranging resources, and packing away at the end of the day. • Talking with and listening to participants informally • To represent Derbyshire Mind and provide a welcoming, supportive and non-judgmental presence within the group • To work alongside the facilitators/staff, other volunteers, and participants, and support participants with empathy and understanding • To help the facilitators ensure that the site is looked after, is safe, and complies with service risk assessments and the Health and Safety Policy • To signpost participants to local Derbyshire Mind services and other community groups and opportunities • To adhere to Derbyshire Mind policies and procedures and the Volunteer Code of Conduct • To assist participants with evaluation form completion where necessary • To be enthusiastic and take pride in the Green Connections group, and be ready and willing to suggest ways to improve the group further and so on
<p>Required Skills, Qualities, and Experience</p>	<p>This role is best suited for someone that:</p> <ul style="list-style-type: none"> • Is open minded and able to see things from different perspectives including diverse values and beliefs • Is able to listen to others in a supportive and non-judgmental way, and without feeling the need to 'fix' or 'give advice' • Is able to communicate clearly to others with a friendly and supportive tone • Is able to remain calm and professional in sometimes challenging situations • Understands the importance of boundaries and confidentiality • Is reliable and punctual

	<ul style="list-style-type: none"> • Is able to build a rapport with a wide range of people • Has a personal interest in nature and the wellbeing benefits of being outdoors in nature • Possibly has a personal experience of a mild to moderate mental health condition • Is over 18 years old
<p>What We Offer in Return</p>	<ul style="list-style-type: none"> • The chance to make a real difference within your local community • An opportunity to be part of a friendly and supportive team and to learn more about the charity sector/mental health • A fun experience and the chance to learn more about the wellbeing benefits of connecting with nature • An opportunity to gain valuable skills and volunteering experience • Derbyshire Mind induction and training programme • Online training, including: Mental Health Awareness, Nature Connectedness, and Safeguarding • Out-Of-Pocket expenses provided in line with Derbyshire Mind's expenses procedure • A Derbyshire Mind volunteer's t-shirt • Regular catch ups with your Derbyshire Mind coordinator • Further personal development opportunities are available
<p>Recruitment Process</p>	<ul style="list-style-type: none"> • Application form • Informal interview • References x 2 • DBS Check