

Volunteer Role Description:

About Nature Therapy CIC

Nature Therapy CIC helps people nourish their minds through contact with nature, whoever and wherever they are.

We have a growing voluntary network, responding to need as it arises. We act as catalysts to enable individuals to build resilience and move on with their lives.

Our work to nourish minds through contact with nature

Nature Therapy CIC consists of people who are passionate about the impact nature can have on an individual's well-being. We work alongside individuals to gently support them on their journey of self-discovery.

We provide our services in a warm and welcoming environment. None of this important work would be possible without the skill and enthusiasm of our volunteers who all help in a variety of ways.

More details of our work can be found on our website www.naturetherapycic.com

About this role

As a Volunteer you would be helping participants improve their physical, spiritual and mental health through interacting with natural resources. This could be indoors or outside amongst nature. It may include the following places – hospital, private homes, residential and care facilities, sheltered housing, clubs, college and university, the beach, woodland, open countryside, park, other voluntary organisations, businesses, cafes and festivals/fayres.

Typical tasks may include:

- Assisting participants to take part in a sensory activity
- Assisting with coordinating and setting up activities
- Collecting and collating resources
- Helping with administrative tasks
- Identifying and responding appropriately to safeguarding and protection issues with vulnerable clients
- Meeting individually with participants to engage them on the programme
- Supporting individuals and their family

- Assisting with risk assessments
- There may be other tasks specific to the location in which you are volunteering.

What we are looking for

You need to have good interpersonal, diplomacy, communication and teamwork skills.

We are looking for people who enjoy nature and share our passion for enhancing mental health through contact with nature. We would particularly welcome people who are:

- A good communicator and empathic
- Knowledgeable about nature
- Sensitive to alternative ways of being
- Able to use emotional support skills in a calm and responsible manner
- Personally resilient
- Able to keep the participant at heart
- Willing to uphold the Fundamental Principles of Nature Therapy CIC

What we offer

- > Access to relevant in-house training and development opportunities,
- > A full induction, support and supervision throughout your volunteering period
- > Valuable exposure to the work of nature therapy
- > Reimbursement of reasonable out-of-pocket expenses

Being a volunteer for Nature Therapy CIC means that you can proudly say you are part of an award winning organisation that is passionate about nourishing minds through nature.

Additional information

One of the key aims of our Nature Therapy work is to increase our beneficiaries' skills and employment prospects through volunteering. We currently recruit our volunteers through existing projects but we also signpost to other volunteering opportunities. \

We cannot offer regular volunteering roles to all because of the nature of our project delivery. In addition, the volunteering opportunities we have available may not be appropriate to skills and interests.

We are particularly looking to recruit volunteers who will be responsible for supporting participants through the Nature Therapy and Dementia Care programme. For more information on this programme please visit our website www.naturetherapycic.com There is a project lead for this who will be responsible for supporting volunteers in their role. They will be responsible for coordinating meetings and creating relevant resources. . The project lead will assist the team in ensuring volunteers feel valued.

The key role of the volunteers in the nature therapy and dementia care programme will be to work effectively with participants and their carers to help them understand the importance of sensory based activities in reducing the impact of sensory deprivation..

You must be 18 years or over to carry out this role.

Induction – within 3 months

Nature Therapy and dementia care training – 3 days

Safeguarding Adults Awareness – on line

Enhanced DBS and two references

Health and Safety Briefing – including understanding risk assessments

Familiarised with any equipment

Mental Capacity training

Shadowing

We value the skills and experience that people bring to the organisation. We will work with you to look at your knowledge and skills and help make an assessment about which elements of your volunteer role you will need to complete with us and recognise where you may already know all that you need to confidently and safely carry out your role,. We want to try and make sure that you get all the training and support you need.

It may be possible for you to begin your volunteering activities concurrently while undertaking training, for example shadowing more experienced volunteers or staff.