



## The Bay Nature and Wellbeing Volunteer Role Description (Helpers and Leaders) – Barrow and surrounds

The Bay is an exciting new programme made possible with funding from players of People's Postcode Lottery and is jointly run by Lancashire Wildlife Trust, Cumbria Wildlife Trust and the Eden Project North.

The programme is designed to help people to recover from the effects of Covid-19 and the resulting social isolation by providing opportunities to connect with nature and participate in environmental activity. This type of engagement has proven to have a beneficial impact on people's health and mental wellbeing as well as for their local community.

We do this through the delivery of environmental challenges using an ecotherapy approach. Examples of activities that we might deliver within the 5 themes of ecotherapy include: -

**Mindfulness:** mindful walking, meet a tree, wild orchestras, environmental art

**Growing:** composting, seed collection and propagation of native flora, food growing

**Bushcraft:** cooking over an open fire, wood carving, knots, building furniture and dens

**Practical conservation:** increase biodiversity, invasive species removal, access and boundary work, habitat management

**Nature walks:** wildlife ID and biodiversity monitoring, photography competitions, foraging

Sessions are delivered weekly in hubs around Barrow-in-Furness. The project works with people from 11 - 50+ years old.

### What is a Nature and Wellbeing Volunteer?

Nature and Wellbeing Volunteers are a vital part of the team and will work closely alongside The Bay project staff to help plan and deliver sessions. Volunteers will engage with participants through sharing your passion for nature. Roles will involve:

- Assisting with the preparation and delivery of sessions with participants
- Supporting participants, staff and fellow volunteers
- Maintaining confidentiality of sensitive information
- Representing the Trust and The Bay programme at events
- You may wish to be trained to lead your own nature and well-being sessions too

### What's in it for you?

- The chance to make a difference in a person's life in your local area
- Enjoy new experiences & develop new skills
- Be a part of an amazing project team and make new friends
- The chance to contribute to the work of the Trust
- A full induction and access to volunteer training including: First Aid, Health and Safety and Safeguarding





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### Who would suit this role?

This role is flexible and could suit almost anyone depending on their interests, but will especially suit those who:

- Are aged 16 or above
- Have good interpersonal skills and are able to work with people from all walks of life including children, young people or vulnerable adults who are potentially from challenging backgrounds
- An understanding of ecotherapy or the natural world would be useful
- Would like to develop new skills and knowledge
- Are reliable, approachable and friendly
- Would like to contribute to the work of the Trust
- Can commit to regular weekly sessions to best support our participants

However, please note that you don't need to have all of these interests or skills to undertake this volunteering role.

### Extra information:

**Place of volunteering:** Events are often held around Barrow-in-Furness at sites with access to public transport

**Time commitment:** Ideally, we'd welcome volunteers who could commit to helping at our weekly 2-hour long sessions.

**Staff contact:** Jessica Mordain, Community Engagement Officer

**Training/ resources:** Volunteer handbook and Trust induction. Safeguarding training and mental health training will be mandatory and provided for you. Volunteers are able to receive travel expenses of 0.45p per mile agreed in advanced with their staff contact. First aid training will be provided for volunteer leaders.

**Requirements:** The Trust will apply for a Disclosure and Barring Service (DBS) check for volunteers undertaking this role because it involves working with children and young people or vulnerable adults. In the second stage of the volunteer recruitment process we will take up two references.

