

## Myplace Ecotherapy Volunteer Role Description

### About Lancashire Wildlife Trust

We are part of the Wildlife Trusts movement, the UK's leading conservation charity dedicated to all wildlife. We are your local charity, working hard to improve your local area for wildlife and for you.

The Trust manages over 2,000 acres of some of the region's most precious wild places in the form of 37 nature reserves and 20 Local Nature Reserves. These provide places where wildlife can thrive and people can relax and enjoy the wealth of our natural heritage.

LWT is committed to the principle of valuing diversity. We recognise the benefits that can be secured through working with a diverse staff and voluntary workforce and harnessing the individual talents of those from different backgrounds and with different skills.

### About the Myplace Project

Myplace is an exciting project that will work with people who have physical or mental health issues and/or are experiencing long-term unemployment. Participants are supported in their recovery and/or to improve their employability. The Project aims to empower people, encourage them to take action, participate in environmental activity that has positive benefits for their own 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

Weekly sessions are delivered at Myplace hubs located in: Preston (including Brockholes), at Mere Sands Wood (West Lancashire), Blackburn, Darwen, Chorley, Skelmersdale, Accrington, Bacup, Bolton and Wyre Valley. The project works with three age brackets – young people aged 11-24, unemployed adults aged over 25 and a project called Our Sheds which works with over 50's in a workshop environment.

***“I've had a very wonderful time with some of the most amazing people and that made me feel good”, Myplace participant***

## **What is an Ecotherapy Volunteer?**

All Myplace volunteers are valued members of the team, who work alongside Project Officers to deliver environmental activities through a structured and agreed programme of learning. In addition to the outdoor based opportunities, volunteers can also get involved in: supporting participants to complete personal development plans, social media activity, promotion and evaluation of the project.

What's in it for you?

- The chance to make a difference in a person's life
- Enjoy new experiences & develop new skills
- Be a part of an amazing project team and make new friends
- Reasonable travel expenses reimbursed
- 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
- Eligible to apply for internal vacancies (once induction has been completed)

What's involved?

- 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 Myplace project at events
- Help is sometimes needed driving our minibus vehicles (but this isn't essential to apply for the role)

This role will suit people who:

- Are aged 16 or above
- Have empathy with those who are unemployed or may experience poor mental health
- 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 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

- Enjoy working as part of a team

Myplace is a Lancashire Wildlife Trust and Lancashire Care NHS Foundation Trust partnership project, funded through The Big Lottery Fund via the Our Bright Future campaign and European Union Social Fund.

## Extra information

<b>Your place</b>	Volunteer opportunities available in Preston, at Mere Sands Wood (West Lancashire), Blackburn, Darwen, Chorley, Skelmersdale, Accrington, Bacup, Bolton and Wyre Valley
<b>Time commitment</b>	At least half a day on a regular weekly basis. We hope people will volunteer with an interest in benefiting LWT in the long term.
<b>Volunteer Manager</b>	Rhoda Wilkinson rwilkinson@lancswt.org.uk 01772 872017/2007
<b>Staff Contact</b>	To be confirmed on induction
<b>Training/Resources</b>	LWT Volunteer Induction Access to Volunteer Learning Opportunities Health and Safety Training (mandatory for this role) Safeguarding Training (mandatory for this role) First Aid Training Manual Handling Training Mental Health First Aid Training (all training subject to course availability) Eligible to apply for internal vacancies (once induction has been completed)
<b>Expenses</b>	Out-of-pocket travel costs between home and volunteering place will be paid up to a maximum of £5 per day, and other reasonable subsistence/expenses agreed in advance.
<b>Requirements</b>	The Trust will apply for a Disclosure and Barring Service (DBS) check for volunteers undertaking this role which is exempt from the Rehabilitation of Offenders Act 1974 because it involves working with children and young people or vulnerable adults. In the second stage of the volunteer recruitment process we will ask you to provide two references.



**This volunteer role is completely voluntary and as such this document is not legally binding nor can it be considered to be a Contract of Employment**

