

Changes East Lothian Volunteer Role Description

Role Title:	Nature Workshops Support Volunteer
Responsible to:	Nature Coordinator
Where (Location):	Various nature sites across East Lothian
Time commitment:	<p>The position is flexible and time commitment will vary.</p> <p>Typically 2-3 hours per workshop plus travel time.</p> <p>This can be on a weekly basis for the duration of a course (courses last typically between 4-6 weeks) or on an ad hoc basis as needed.</p>
Role description:	To help support the delivery of a range of nature-based courses and workshops at outdoor venues across East Lothian.
Main duties and responsibilities:	<p>To support the course or workshop leader in the smooth running of outdoor based workshops. Training and support will be provided. Tasks will vary depending on the course or workshop being run and will include some of the following:</p> <p>Before session:</p> <ul style="list-style-type: none"> • Involvement in contacting potential participants • Preparing course/workshop information and materials • Attending planning meetings with lead facilitator or co-facilitator • Helping organise and set up course/workshop equipment <p>During session:</p> <ul style="list-style-type: none"> • Welcome participants • Encourage and support participants • Contribute to group discussions



	<ul style="list-style-type: none">• Share lived experience as appropriate <p>After session:</p> <ul style="list-style-type: none">• Assist with packing away equipment and materials• Share feedback with lead or co-facilitator• Take part in personal evaluation process at the end of the overall group/course• Attend regular supervision with Nature Coordinator
Required skills, qualities and experience	<p>Essential</p> <ul style="list-style-type: none">• Have a commitment to the values of Changes• Be able to demonstrate a non-judgmental attitude to other people• Be approachable• Display empathy and warmth• Be reliable• Have a keen interest in nature and belief in the benefits of connecting with nature for health and wellbeing• Able to adhere to Changes' policies and procedures as relevant to the role <p>Desirable (but not essential as training will be provided)</p> <ul style="list-style-type: none">• An understanding of common mental health challenges• Experience of working with or facilitating group activities• Knowledge of local green spaces in East Lothian
Benefits to the volunteer	<ul style="list-style-type: none">• Helping people improve their mental health through contact with nature• The opportunity to learn about nature and wildlife from local experts and share knowledge with others• Benefits to personal wellbeing from time in nature and meeting new people• Experience in group leadership and facilitation
Training and support available:	<ul style="list-style-type: none">• Volunteer induction training (required for all volunteers) to cover essential information for volunteering



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POSITIVE ABOUT MENTAL HEALTH

	<ul style="list-style-type: none">• Access to other optional training in mental health such as Crisis Handling Awareness Training and Mental Health First Aid.• Option to attend Emergency First Aid training• Ongoing support and supervision from Changes' staff• Opportunities to meet other volunteers• Travel and other reasonable expenses reimbursed
Any other Requirements	<p>If using own car to travel to volunteering, insurance for commuting is advisable.</p> <p>This role requires membership of the Protecting Vulnerable Groups (PVG) Scheme.</p>
How to apply	<p>Please contact info@ChangesEastLothian.org for a volunteer information pack.</p>
Further information	<p>If you require further information about this role before applying, please contact info@ChangesEastLothian.org or phone Changes on 0131 653 3977.</p>