



Volunteer Role Description

Naturally Mindful Volunteer

Summary

Wild Ideas are setting up a new Mindfulness project called Wild Ways to Wellbeing to help individuals to channel stress, tackle social isolation and improve their ability to cope by connecting them with nature and their feelings.

According to the mental health charity Mind, one in six adults experience some mental health issues. The unpaid carers that we support experience high stress levels through their caring role. A myriad of factors, such as financial pressures, a lack of social engagement and a lack of time for themselves can underpin poorly controlled mental health.

Mindfulness is a process that can enable us to become in tune with our feelings in the present moment, with the premise of helping us to better manage negative thought processes.

Purpose of the role:

To support the administration of the Wild Ways to Wellbeing project and help with the delivery of project groups.

Duties include:

- Support and attend a variety of Naturally Mindful groups, supporting beneficiaries where required
- Supporting delivery of group sessions on mindfulness to help individuals manage their stress levels
- Help to set up sessions
- Create a welcoming and calming atmosphere
- Learn to talk participants through the process of channelling negative thoughts, controlling their breathing and focusing on their surroundings
- Encourage group members to actively participate
- Help to monitor attendance and gain feedback from the group

General

- Undertake induction and training necessary for the role
- Promote and encourage engagement with Wild Ideas
- Maintain the strict confidentiality of all information acquired especially with regard to donors and beneficiaries
- To take responsibility for being up to date with current policies and procedures and to adhere to these.
- Keeping updated and being involved with the orchestration of organisational changes and developments through discussions with the central team and colleagues at staff meetings
- Remain positive and professional with particular reference to appearance, timekeeping, verbal and non-verbal communication
- Maintain a safe working environment and good housekeeping practices at all times
- Other reasonable and agreed duties as required in the delivery of this role

Person Specification for Wild Ways to Wellbeing Project Assistant

Essential Criteria:

- Lived or professional experience of mental health difficulties
- Enthusiasm for Mindfulness, Conservation and other green related issues
- Willing to undertake training in Nature Connectedness
- Good verbal communication skills
- Punctual and reliable
- Honest and dependable with high level of self-motivation
- Friendly, personable with an approachable manner
- A commitment to equal opportunities
- Team player
- Ability to pay attention to detail
- Enthusiasm, passion and commitment to Wild Ideas' vision

The following criteria is useful but not essential - training and support will be provided:

- Mentoring experience or similar
- Ability to lead groups with varying abilities
- Competent user of social media including Facebook, Instagram, Twitter etc.
- Experience of writing engaging and interesting Newsletters
- Experience of working in an administration role

- Knowledge of the barriers people recovering from mental ill health may face
- Local knowledge of primary, secondary and voluntary sector mental health services, including housing.
- Local knowledge of community-based resources and activities, including public green spaces.