

## Volunteer Role Description

### Community Volunteer - Overview

Community volunteers play a key role in the delivery of the Westonbirt Community Programme, which aims to ‘support people to live better through the therapeutic benefits of Westonbirt Arboretum - improving mental health and wellbeing’.

The programme offers a range of onsite and outreach activities to local community groups with a wellbeing and mental health focus that serve clients that may otherwise face barriers to visiting the arboretum independently. There are four main projects within the Community Programme and volunteers will be expected to be involved in all projects.

- Branching Out - 6 week outreach programme aimed at people living in residential care homes / dementia groups and includes a multi-sensory exploration of Westonbirt's tree collection.
- Nurtured by Nature - multi visit programme supporting participants to connect with nature through a range of activities from learning traditional woodland management skills, to mindfulness based activities to campfire cooking.
- Westonbirt Wellbeing - single facilitated visits, to experience the therapeutic and calming benefits trees and woodlands have to offer.
- Wild Westonbirt - aimed at local youth groups and groups with additional needs. Multi visit programme to build confidence and self-esteem in the great outdoors.
- Shelter development - a variation on the Westonbirt Wellbeing programme, in which participants also contribute to the design and construction of a new, bespoke, community shelter.

As well as assisting with the preparation and delivery of the activities, a key role for the volunteer is that of building trust relationships with participants to support their wellbeing progression.

### When

Where possible, we aim to remove barriers to participation by offering programmes to suit groups availability. Therefore, sessions may take place weekdays, weekends and evenings, and can vary from 2 - 6 hours.

As relationships are integral to the success of the Community Programme, we ask that volunteers commit to all the sessions for a particular group.

### What's Involved

- Supporting individual participants to benefit from the wellbeing offer of the Community Programme.
- Recognising participant's achievements and personal development to contribute towards their informal education and wellbeing journey.

---

## Volunteer Role Description

- Helping to evaluate this journey by documenting anecdotes/feedback of participants at session debrief meetings.
- Being a positive role model for appropriate behaviour, use of equipment, and supporting and maintaining good health and safety practices.
- Helping to set up and close activities.
- Helping to deliver activities including, practical conservation, campfire cooking, natural craft, and mindfulness based activities, occasionally leading small group activities.
- Supporting group participants with simple construction and woodworking tasks, under the guidance of the professional engineers and Westonbirt staff.
- Occasionally travelling to an outreach setting from Westonbirt (or meeting at setting if closer to your home location).
- Attending regular work days and training to prepare resources and work with other volunteers.

## We'd like you to be...

Enthusiastic with a patient and friendly approach, positive, reliable, with good communication and listening skills, and a willingness to be flexible and help where needed. The ability to remain calm and open minded when working with individuals from all walks of life. Experience in youth participation projects, and / or working with older and/or vulnerable adults in an outdoor setting is advantageous.

## We will...

- Provide new starter training and ongoing support, help and guidance.
- Not expect you to perform any physical care duties e.g. pushing a wheelchair.
- Provide training covering all aspects of the role.
- Provide tools and equipment with instruction, and personal protective equipment where needed; volunteers do not use chainsaws.
- Advise that terrain may be uneven, rough or muddy and you will be walking on and off paths in ALL weathers, therefore sturdy boots/shoes are needed.
- Give you an on-site radio for communication.
- Pay a contribution to the cost of volunteering travel.
- Help you to complete the required Disclosure and Barring System checks (DBS).
- Advise that large parts of the day are spent outdoors away from the main site facilities.
- Advise that the minimum age for this role is 18 years.

## To apply

Email [volunteer.westonbirt@forestryengland.uk](mailto:volunteer.westonbirt@forestryengland.uk) or by post to Alice Chadwick, Westonbirt  
The National Arboretum, Tetbury GL8 8QS  
<https://www.forestryengland.uk/westonbirt/community-programmes>