**Eco- in- Mind Volunteer**

**Role Description**

**Title:** Eco-in- Mind Volunteer

**Responsible to:** Eco-in-Mind Coordinator

**Time commitment requested:** Monday or/and Thursday mornings

**Location:** Dorchester and/ or Weymouth

**DBS Check:** DBS Enhanced required for the role (Can be applied for through Dorset Mind)

**Main Purpose:**

To support in the delivery of weekly sessions at Eco-in-Mind, which provides a safe, welcoming non-judgemental wellbeing ecotherapy service. The service aims to support people to develop positive mental health through meaningful and therapeutic ecotherapy.

There will be a variety of hourly sessions held throughout the week where participants and volunteers will undertake upkeep of the allotment and fruit and vegetable production as well as future planning and creation of an ecotherapy sensory garden.

**The service aims are:**

* To encourage meaningful and purposeful activity and reduce stigma and social-isolation by enabling people to access peer-support.
* To be able to demonstrate a reduction in participants symptoms of distress and evidence increases in mental health and wellbeing.
* To evidence ecotherapy as a meaningful activity and one which is a helpful and therapeutic way of developing positive mental health.
* To build and strengthen self-esteem, confidence and resilience in a peer-support environment.
* To grow vegetables and flowers that can be used to benefit the community, which can eventually be sold for profit and used to sustain the project.

**Key Responsibilities:**

* To work alongside the other volunteers and participants and provide support and encouragement.
* To ensure that the allotment is well maintained and safe and complies with service risk assessments and Dorset Mind’s Health and Safety Policy.
* Give practical support with various allotment duties, including digging, weeding, tending and harvesting.
* Support the project coordinator in the running of the service, e.g.:
  + Developing accessible growing sessions at the allotment where people will feel able to take part and contribute.
  + Providing informal training for volunteers and participants with lived experience.
  + Planning and developing new areas within the allotment.
  + Identifying and communicating any concerns about the Health and Safety or Wellbeing of Service Volunteers or participants in line with Dorset Mind’s Safeguarding and Health and Safety Policies and Procedures.
* To adhere to Dorset Mind policies and procedures and Volunteer Code of Conduct.

**What we offer:**

* Dorset Mind Training including
  + Dorset Mind Induction
  + Mental Health Awareness
  + Safeguarding
  + Boundaries and Resilience
  + Understanding Suicide (optional)
  + Moving and Assisting for Volunteers.
* Regular supervision provided.
* The chance to make a real difference in your local community.
* A warm and friendly team of supportive people.
* Travel expenses in line with Dorset Mind’s traveling expense procedure.

We actively welcome a rich diversity of applicants to this role. This will help us provide better services to all of the communities we are here to serve. We especially welcome people with lived experience of mental health conditions. This means individuals who have personally faced mental health challenges or have supported someone else dealing with such issues. To ensure that we effectively serve the needs of our local community, volunteers must reside within Dorset or the surrounding areas to be eligible.

**PERSON SPECIFICATION**

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| **KNOWLEDGE** | |
| Familiar with the aims, objectives and values of Dorset Mind | Essential |
| Knowledge of mental health conditions especially anxiety and depression disorders | Essential |
| Knowledge of horticulture | Essential |
| Knowledge of first aid and health & safety issues relevant at allotment sites. | Desirable |
| **SKILLS** | |
| Ability to listen so that people feel heard. | Essential |
| Good interpersonal and communication skills. | Essential |
| Practical skills in order to maintain a large allotment. | Essential |
| Ability to remain boundaried and professional at all times | Essential |
| **EXPERIENCE** | |
| Previous work/experience within mental health field | Desirable |
| Previous gardening experience | Essential |
| **VALUES** | |
| Be a team player | Essential |
| Be empathetic and non-judgemental | Essential |
| Committed to working openly with diversity | Essential |
| Enjoying meeting people | Essential |