

# Volunteer role guideline



**Warwickshire**  
Wildlife Trust

**Role title:** Nature Connection for Wellbeing Volunteer (ad-hoc).

**Purpose of your role:** Help people who join our Nature Connection for Wellbeing courses (one session a week for 6 weeks) to feel comfortable and supported during the course. Helping the staff member leading the course to gently guide people to connect with nature in new and different ways. Our main focus for each session is to develop each person's connection with nature, using the 5 Ways to Wellbeing framework.

**Tasks you will be involved with:**

- Helping staff to set up and tidy away kit for the sessions.
- Welcoming people and supporting them to feel comfortable.
- Helping staff to demonstrate new ways to engage with nature which may include using macro lenses, doing some nature crafts, using nature ID apps on your phone, using ID guides.
- Helping staff to encourage and support attendees who are nervous, anxious or overwhelmed.

**Skills and abilities required:**

- Good interpersonal and communication skills at all levels.
- A knowledge of plants and wildlife, and a passion for sharing this knowledge with others.
- A keen interest in the work of the Trust.
- Confidence and ability to work as part of a team, with direct supervision from the lead staff member.
- An understanding of the importance of health & safety in both an indoor and outdoor/nature based setting.
- Ability to drive to the course location which could be across Coventry, Warwickshire or Solihull (travel costs will be reimbursed using the expenses claim process).

**You will be based at:** Locations for the Nature Connection for Wellbeing courses vary. They may be based at WKWT premises or nature reserves, but are equally as likely to be in community settings across the county.

**Days and time we would like you to be available:** These vary widely depending on the funding for each course - they may be morning, afternoons or evenings and can occasionally be at the weekend.

**Benefits to you:**

- An opportunity to make a real difference for the people who attend the courses and also the local green spaces they live in.
- You will be a valuable member of a professional team.
- Learn more about how nature connection can help boost people's wellbeing and how that connection helps people take action for nature.
- Keep active, and get closer to nature.
- Improve your own health and well-being by giving back to people and nature.

**Your staff contact:** Health and Wellbeing Manager and Health and Wellbeing Officer.

