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| Job Description | | |
| **Job Title:** | Green Minds Nature Connection Facilitator | |
| **Reporting to:** | Green Minds Project Coordinator | |
| **Responsible for:** | Green Minds Volunteers | |
| **Location:** | Brecon | |
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| **Our Purpose**  Here when you need us to help you manage your mental health & wellbeing | | |
| **Our Vision**  We support minds  We connect minds  We change minds  Together, we are Mind | | |
| **Our Mission**  Promote the preservation of good mental health by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.  Relieve the needs of people with mental health problems by working to increase understanding of mental health by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination. | | |
| **What is Ecotherapy?**  Facilitating Ecotherapy at a community, Nature, Health & Wellbeing level involves promoting a positive psychological approach to working with people in nature in order to enhance their health & wellbeing. At this level of facilitation, healing, whole-ing and resourcing practices are offered to help support participants to develop their sense of self, their learning, skills, knowledge and personal potential. This can be through a range of nature-based health and wellbeing interventions, activities and approaches. Some activities that may have wellbeing outcomes include outdoor facilitation of nature based learning, craft/skill development, occupational therapy, health coaching, outdoor activities, bush craft, land management, conservation, wood buildings, food growing, walking etc. Green Care is supportive nature-based interventions for people with specific health and social care needs. (Excerpt adapted from Natural Academy Website: [www.naturalacademy.co.uk](http://www.naturalacademy.co.uk))  **And**  Ecotherapy is a formal type of therapeutic treatment which involves doing outdoor activities in nature. There isn't one single definition of ecotherapy, but it's often used to describe a regular, structured activity that: is led by trained professionals (sometimes therapists), who are there to support you – Mind | | |
| **Job Purpose:**  Deliver a range of nature based health and eco-therapy interventions, activities and approaches which support mental and physical wellbeing through harnessing the therapeutic effects of nature.  This may include:  - Facilitating Social & Horticultural Therapy Sessions  - Facilitating Mindfulness and Nature-Connection activities outdoors  - Deepening Nature Connection through guided local walks in nature  - Nature inspired arts and crafts activities | | |
| **Responsibilities:**   1. Deliver a range of Green Minds interventions to promote a positive psychological approach to working with people in nature in order to enhance their health and wellbeing , including:  * Nature based learning * Craft skills development * Occupational therapy * Health coaching * Outdoor activities * Bush craft * Land management * Conservation * Food growing * Wood buildings * Walking  1. Contribute to the provision of interventions that:  * Ensure that all service users are treated with dignity and respect * Ensure that service users and their families are listened to, communicated with and consulted effectively * Support service users to maintain their independence * Ensure service users are safeguarded * Ensure any appropriate outcome as defined in the National Outcomes Framework accompanying the Social Services and Well being (Wales) Act are met  1. Manage the referral pathways and process both internally and externally. 2. Network with other agencies to promote and develop the Green Minds service. 3. Design, plan and promote programme content and delivery of sessions. 4. Gather feedback and monitoring and evaluation data and stories for learning, impact and promotions. 5. Review and/or complete risk assessment and manage health & safety during sessions. 6. Manage and maintain community gardens and other outdoor meeting spaces including tools and other resources. 7. Contribute to Green Minds & Brecon and District Minds’ promotions, including providing content for social media and website. 8. Ensure that high standards of confidentiality are maintained. 9. Follow agreed working procedures at all times. 10. Maintain high standards of safeguarding and ensure that the charity’s safeguarding policy and procedures are followed at all times. 11. Recruit & coordinate volunteers, helping to ensure they can make their best contribution to the Green Minds service. 12. Seek opportunities to link Green Minds to other Brecon & District Mind services and vice-versa. | | |
| **General Requirements:**   * Contribute positively and work in accordance with Brecon and District Mind’s culture, values, aims and objectives * Work diligently to meet the requirements of this job description * Always seek to continuously improve so that the highest quality standards are achieved * Participate positively in internal/external events, meetings and training as required * Positively participate in one to ones and appraisals * Ensure that relevant policies, procedures and working practices are adhered to at all times * Act as a positive ambassador for Brecon and District Mind * Positively contribute to the team working environment, taking ownership of issues and supporting colleagues where appropriate * Be flexible and willing to undertake any other duties that may be reasonably be required * Positively contribute to the evaluation of the impact of programmes and other key business plan objectives. | | |
| NB: This job description forms part of the contract of employment of the person appointed to this post. It reflects the position at the present time only and may be changed in consultation with the employee. As a general term of employment, Brecon and District Mind may affect any necessary change in job content, or may require the post holder to undertake other duties, provided that such changes are appropriate to the employee’s remuneration and status.  Due to the responsibilities of this role, it will be necessary for the appropriate level of Disclosure and Barring Service Check to be undertaken.  I confirm that I have read and accept the duties and responsibilities contained in this job description | | |
| **Name (Please Print)** | |  |
| **Signed Dated** | | |

Person Specification

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| **Qualifications** | **Essential** | **Desirable** | **Method of Assessment\*** |
| Qualifications in ecotherapy and/or social and therapeutic horticulture eg the Natural Self ecotherapy model or Thrive S&TH diploma |  | **\*** | A, C |
| Walking guide qualification |  | **\*** |  |
| First Aid |  | **\*** |  |
| Mental health first Aid |  | **\*** |  |
| Evidence of commitment to own continuing personal development | **\*** |  | A, I |

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| **Experience** | **Essential** | **Desirable** | **Method of Assessment\*** |
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| Experience of supporting adults with mental health problems | **\*** |  | A, I |
| Experience of working with groups of supervised children & young people |  | **\*** |  |
| Experience of leading mindfulness and nature-connection walks | **\*** |  |  |
| Experience of delivering social and therapeutic horticulture in the community |  | **\*** | A, I |
| Experience of working on a one to one or group basis using a variety of approaches | **\*** |  | A, I |
| Experience of working with and supervising volunteers |  | **\*** | A, I |
| Experience of designing and delivering eco-therapeutic programmes |  | **\*** |  |
| Experience of working effectively with safeguarding policies and procedures | **\*** |  | A,I |

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| **Knowledge & Skills** | **Essential** | **Desirable** | **Method of Assessment\*** |
| Ability to plan and organise effective service delivery, taking account of service user needs and feedback | **\*** |  | A, I |
| Ability to work effectively and positively with people with mental health problems | **\*** |  | A, I |
| Ability to communicate effectively, verbally and in writing to a high standard with a diverse range of individuals with different levels of understanding and ability | **\*** |  | **I** |
| Networking skills – able to build effective relationships with colleagues and those from statutory and third sector organisations | **\*** |  | **I** |
| Engagement skills – able to engage effectively with service users to obtain and act upon their feedback | **\*** |  | A, I |
| Understanding or equality legislation and able to identify inappropriate behaviour | **\*** |  | **I** |
| Knowledge of relevant legislation |  | **\*** | A, I |
| Sound understanding of GDPR, and Data Protection regulations |  | **\*** | I |
| Knowledge of organic and permaculture gardening principles |  | **\*** |  |

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| **Personal Attributes** | **Essential** | **Desirable** | **Method of Assessment\*** |
| Able to work calmly and professionally under pressure | **\*** |  | I |
| Team player – work efficiently and effectively with colleagues and associates | \* |  | I |
| Appreciation of the need for equality of opportunity for all – able to tailor approach accordingly | \* |  | I |
| Ability to be innovative, identifying new opportunities | \* |  | I |
| Able to work on own initiative | **\*** |  | **I** |
| Able to follow agreed working procedures effectively | **\*** |  | I |
| Able to prioritise workload and achieve deadlines | **\*** |  | I |
| Able to work effectively with a wide range of key stakeholders | **\*** |  | I |
| Significant enthusiasm for the work of Mind | \* |  | I |
| Proactive approach, a self-starter | **\*** |  | **I** |
| Operates with integrity and honesty at all times | **\*** |  | **I** |
| Commitment to continuous service improvement | \* |  | I |
| Driving licence and use of a car | \* |  | A, I |
| Able to take part in the out of hours on call rota | \* |  | I |
| Able to contribute to ensuring that the premises are welcoming and well presented | \* |  | I |
| Ability to speak Welsh |  | **\*** | A,I |

\* A – Application / C – Certificate / I – Interview / AT - Assessment Test