



Nature Connections Volunteer

Nature Connections volunteer role: to assist the Nature Based Wellbeing (NBW) team in facilitating and delivering a full programme of nature-based group activities and providing support to the participants accessing these groups. You will gain experience in developing nature-based group activities that enhance wellbeing, confidence and skills, and in managing group dynamics and maintaining the safety and comfort of individuals participating in peer-support groups. Please note: this is a peer-support, social role, not one that expects any professional counselling or therapy be undertaken.

The NBW programme will include a mix of longer-term peer-support groups to encourage participants to make connections to nature and to one another, alongside a diverse range of short-term skills-based groups and courses that will change seasonally – the common thread in all our groups is a focus on nature connections. Types of activity will include – practical conservation, gardening and horticulture, creative or heritage crafts, ecology and citizen science.

Responsibilities of a Nature Connections Volunteer include:

- Welcoming and integration - greeting group members, creating a friendly atmosphere, initiating conversations, welcoming new participants into the group
- Safety and boundaries – upholding group agreements about behaviour/boundaries, ensuring equal participation, keeping groups on topic, and following safeguarding policies to report any concerns
- Facilitation and development – supporting the facilitation of group activities across the NBW programme, working with the lead facilitator to develop and deliver engaging sessions that meet the needs of participants
- Experience and feedback - supporting the group lead in capturing participant experience and feedback to meet the monitoring requirements of funders

Length of commitment: – 6-months (with possibility to extend)

Work days: 1-2 days per week (to cover activities running Monday to Thursday)

Skills and abilities needed for this role:

- Interested in the benefits of nature connection to enhance wellbeing
- Some experience of facilitating groups and group discussions would be beneficial but not essential
- Good levels of communication skills, including active listening and empathy
- Able to maintain professional boundaries and safeguard participants in line with St Nicks policies and processes



- Friendly and approachable nature with the ability to get along with people from all backgrounds
- Reliable and committed to attending scheduled sessions consistently
- Able to use initiative

Benefits of the role:

- Opportunity to gain experience in a Nature Based Wellbeing environment providing group activities
- A chance to learn new skills and gain practical experience in group facilitation within an emerging sector
- Regular supervision and ongoing support to help with personal development throughout the role to achieve personal goals
- Opportunity to improve skills through on site and external training with other providers as well as in house training
- Opportunity to gain experience making connections within the Voluntary and Community Sector in York
- Experience working in a collaborative environment, being embedded in a team providing a key part of the Nature Based Wellbeing programme
- References and help with job applications upon satisfactory completion of volunteering placement

Anna Perrett, Nature Based Wellbeing Manager
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To apply: submit your CV and covering letter outlining your interest in the role and how your skills and abilities match the role description to the NBW Manager anna@stnicks.org.uk.