



### VOLUNTEER ROLE DESCRIPTION

<b>Job Title:</b>	Actif Woods Wales Volunteer
<b>Contractor:</b>	Small Woods Association, registered charity 1081874
<b>Hours of Volunteering:</b>	As agreed mutually with Coed Lleol. Usually one weekly activity group lasting 2-3 hours plus support meetings with Coed Lleol staff outside of this time
<b>Responsible to:</b>	Coed Lleol Project officer and activity leader
<b>Responsible for:</b>	Participants involved in woodland activities (in conjunction with the activity leader)
<b>Job Purpose:</b>	
<p><b>A. To aid the health and wellbeing of participants with chronic health conditions through assisting with woodland based activity programmes.</b></p> <p><b>B. To support these programmes to become self-sustaining and supporting</b></p> <p><b>C. To assist with the research and data collection through recording information from participants.</b></p>	
<b>Main Duties and Responsibilities:</b>	
<ol style="list-style-type: none"> <li>1. Supporting the activity leader in the running of excellent sessions in woodlands, which support and improve participants' health and wellbeing.</li> <li>2. Health and safety responsibilities: being responsible for own health and safety, and in some cases that of participants.</li> <li>3. Understanding and responding to the needs of people with chronic health conditions.</li> <li>4. Assisting with with keeping records of sessions (such as photos) and the gathering of information from participants, as required for research and monitoring purposes, (in conjunction with the activity leader).</li> <li>5. Being prepared to undertake a DBS check (organised by Coed Lleol)</li> <li>6. Continual professional development; developing your skills and practices in woodland activities and related areas.</li> <li>7. Promote the Woodland Activity Group to expand the client base where possible.</li> <li>8. Adhering to Small Woods policies and procedures.</li> </ol>	



**Person specification:**

<b>Essential</b>	<b>Desirable</b>
Enthusiasm for health and well-being in the outdoors	Previous experience of working in a similar project environment, or other outdoor health programmes
Sensitivity to the needs of people with chronic health conditions.	A knowledge of the health conditions participants have.
Enthusiasm for woodlands and people	Prior knowledge of woodlands and woodland management
	Ability to use email and the internet and to keep records electronically.
	Current driving licence and own car insured for work use
Understanding of health and safety requirements and risk assessments.	Experience of contributing to risk assessments
Willingness to work with others, including the activity leader to build capacity to enable activities to carry on after the end of the programme.	Prior experience of working with the client group
	Understanding of healthy eating, and willingness to incorporate this into sessions.
Commitment to bilingual policy, and willingness to incorporate Welsh into sessions where possible.	Welsh speaker or learner