

# Mental Health Lead Green Social Prescribing



## Job Description

**Contract:** Fixed-term contract until May 2025 with intention to extend.

**Hours:** 0.8-0.9FTE.

**Salary:** £30,000-£32,000 pro rata depending on experience.

**Reporting to:** CEO and working closely with Bristol City Council parks team.

**Direct reports:** 3 x Mental Health Officers.

## Background

Your Park Bristol and Bath works so that everyone can benefit from the transformational health and wellbeing benefits of Bristol and Bath's parks. We work with the Local Authorities and other local organisations to run a Green Social Prescribing programme, "Roots to Wellbeing" in areas experiencing high level of deprivation in Bristol and Bath.

The project is funded by the National Lottery Community Fund and offers eighteen-week programmes of Green Social Prescribing (GSP) sessions in five local parks that follow the five pathways to nature connectedness. It is designed reduce emotional distress for those with a variety of mental health needs and provide support for those in harder to reach groups.

We have spent significant time developing the service and we get great results. 91% of our participants feel happier, 77% feel more hopeful and 64% feel less anxious and isolated. Over the next year we aim to adapt our sessions for different ethnic groups and families.

## Job purpose

We are looking for someone with experience of developing and delivering mental health interventions and a passion the power of nature connection to lead our Roots to Wellbeing Team, the development of the programme and facilitate delivery at one of our sites.

## Roots to Wellbeing project aims:

- Provide a safe and inclusive space for participants to receive weekly support.
- Help participants to connect with nature and socialise with others to feel happier, less anxious and less isolated.
- Support participants to access other beneficial services, where appropriate, including health, social and financial.
- Support participants to move onto outdoor work or volunteering with friends of groups where appropriate.
- Facilitate a positive journey through the service for participants to ensure as many people as possible can access the service.

## Equality & diversity

We are looking for dedicated and passionate people to join our team. We want to hire great people from a wide variety of backgrounds because it makes us stronger. If you share our values and enthusiasm for access to parks, you will find a home here. All applicants will be treated equally but we want to build our level of lived experience of barriers to parks. Therefore, we are particularly interested in received applications from people who are from ethnically diverse backgrounds, Disabled people and people from low-income households.



## Key Responsibilities

### Leadership & management:

1. Lead the Roots to Wellbeing team to reach its goals.
2. Line manage and support three Mental Health Officers, each delivering Roots to Wellbeing on one site.
3. Work with local communities and other team members to explore new opportunities for the project and develop solutions.
4. Work with CEO and Head of Fundraising to secure funding for project development.

### Project management:

5. Oversee the delivery and development of the project to meet key KPIs.
6. Collate qualitative and quantitative data and produce impact reports for funders.
7. Support team to ensure administrative records are kept up to date, including but not limited to: maintaining accurate participant records, work programme, incident reporting, risk management, external outreach, website.
8. Develop a thorough communications strategy and build on current local referral relationships to further embed the programme within the VCSE & Health sector.
9. Ensure service standard and quality is consistent across sites and policies and procedures are followed.
10. Recruit and induct volunteers to support session delivery.
11. Work in partnership with stakeholders within and across the organisation to deliver project goals.
12. Attend networking meetings and community events to raise awareness of the project and demonstrate its impact.

### Session delivery at Hartcliffe Millennium Green:

13. Continually build and maintain relationships with local referral partners to achieve a consistent referral rate into the project.
14. Deliver weekly Roots to Wellbeing sessions by; planning and facilitating delivery of sessions and activities in line with 5 pathways to nature connectedness and that are accessible to all participants, organising logistics of sessions such as travel, food and equipment, acting as safeguarding lead during sessions, liaising with co-facilitator, leading peer-support style check in at the beginning of the sessions and the grounding and meditation at the end.
15. Lead on all direct communication with participants at Hartcliffe Millennium Green. Support them to create personalised development plans, signposting and referrals where needed.

### Other:

16. Support the work of the wider charity and specifically the South Bristol team as required.
17. Representing the charity externally through media work and presentation where necessary.

### Additional information:

- An Enhanced DBS check will be required.

## Person Specification

	Essential	Desirable
<b>Experience &amp; knowledge</b>	<p>Experience of working with or within a social prescription service.</p> <p>A least two-years' experience working directly with people with complex mental health needs.</p> <p>Experience leading nature-based or eco-therapy activities.</p> <p>Experience of working with community groups and volunteers.</p> <p>A least one-year line management experience.</p> <p>Project and budget management experience.</p> <p>Qualification in mental health.</p> <p>Excellent written and verbal communication skills.</p>	<p>Experience leading a team.</p> <p>Experience working in communities experience multiple deprivation.</p> <p>Experience recruiting and managing volunteers.</p>
<b>Skills and ability</b>	<p>Excellent interpersonal skills with strong listening skills, emotional intelligence and empathy.</p> <p>Strong project management skills.</p> <p>Very well organised with strong attention to detail.</p> <p>Confident using Microsoft Office Suite, Teams and CRM Systems with the ability to learn new software quickly.</p> <p>A team player able to work with a broad range of people.</p> <p>Excellent problem-solving skills.</p>	<p>Confident in public speaking.</p> <p>Confident in running meditation and mindfulness techniques.</p>
<b>Personal attributes</b>	<p>A natural leader.</p> <p>Passionate about the value of access to nature and green space in supporting positive mental health.</p> <p>Innovative and creative, able to develop developing engaging and enjoyable activities.</p> <p>Proactive and solutions focused approach to work.</p>	<p>Able to work evenings and weekends as required.</p> <p>Full UK driving license with access to car.</p>



## How to apply

To apply for this position, please send your CV and a cover letter setting out how your experience and skills meet the requirements for this role to [jobs@yourpark.org.uk](mailto:jobs@yourpark.org.uk).

For an informal discussion about the role, please contact Charlee Bennett, CEO:

- Email: [charlee@yourpark.org.uk](mailto:charlee@yourpark.org.uk).
- Phone: 07742 881566.

**Application deadline:** midnight on Sunday 12<sup>th</sup> May 2024.

We are proud to be a Disability Confident Employer. We welcome applications from Disabled people and will proactively make adjustments as needed through the recruitment process and during employment. This can be related to a physical and mental health conditions.

If we can make the application process easier for you, please contact Charlee.