



## Your Park Support Facilitators (Freelance)

As a growing and ambitious organisation aiming to support the health and wellbeing of its employees at all times, we are recruiting to a pool of Freelancers who can provide support and cover for our project delivery team.

We are looking for support for two of our key projects:

- Roots to Wellbeing, our mental health service
- Your Park Team Days, our employee wellbeing and team building programme.

This job description sets out both opportunities. We are looking for people suitable to do one or both roles, and the hourly rate will be paid dependent on role covered. Full induction and training, as well as ongoing support, will be provided for each.

### Diversity & inclusion

Our beneficiaries come from all walks of life, and we hire great people from a variety of backgrounds because it makes us stronger. If you share our values and enthusiasm for health, nature and accessibility, 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 receiving applications from people who are from ethnically diverse backgrounds, Disabled people, people who are caring for a loved one, and/or from low-income households. We are also interested in receiving applications from men as our workforce is predominantly women.

Please state in your cover letter whether you would like to be considered under our guaranteed interview scheme for Disabled or ethnic minority candidates. This scheme guarantees these groups an interview if they meet the essential skills, experience, and qualities.

### 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 Suzi Brooke-Davies, Mental Health Lead:

- Email: [suzi@yourpark.org.uk](mailto:suzi@yourpark.org.uk)
- Phone: 07510 659215

**Application deadline:** we will continually review applications and invite people to interview on a rolling basis. We will stop accepting applications on 31<sup>st</sup> October 2024 but reserve the right to close sooner depending on the level of interest.

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@yourpark.org.uk](mailto:Charlee@yourpark.org.uk)



# Roots to Wellbeing Support Facilitator

## Job Description

**Contract:** open ended freelance contract, ad-hoc days at £135/day

**Reporting to:** Mental Health Lead, working closely with Your Park Bristol and Bath (YPBB) team and co-facilitators.

**Direct reports:** N/A

## Background

Your Park Bristol and Bath delivers an eighteen-week programme of Green Social Prescribing (GSP) sessions in local parks that are designed to provide mental health support for harder to reach groups. The programme, called 'Roots to Wellbeing' is facilitated by a Mental Health Officer (MHO), and supported by a Nature and Community Officer (NCO).

## Job purpose

We are looking for someone with experience of delivering wellbeing-supportive interventions and a passion for green social prescribing. You will step in to deliver 'Roots to Wellbeing' sessions on a freelance basis to cover MHO leave, training or sickness, as well as to support the organisation to start up new delivery areas and pilot 'Roots to Wellbeing' in new areas.

You will be working closely with our MHOs, Mental Health Lead (MHL) and NCOs to deliver activities that meet the Five Ways to Wellbeing and five pathways of nature connectedness e.g. nature walks, mindfulness and community gardening.

## Key responsibilities:

1. Respond quickly to short-notice ad-hoc requests for cover of 'Roots to Wellbeing' session delivery across Bristol and/or Bath.
2. Liaise with the nominated MHO/MHL to handover the session resources and activities, as well as relevant participant information prior to the session;
3. Deliver 'Roots to Wellbeing' session activities in parks, in conjunction with the NCO co-facilitator, which will support participants' mental health needs and meet the Five Ways to Wellbeing;
4. Liaise with the nominated MHO/MHL to handover the session resources and activities, as well as relevant participant information prior to the session;
5. Ensure timely communication with the MHO/MHL after each session to discuss updates and outcomes;
6. Support participants to attend sessions and ensure that sessions are facilitated in a way that supports engagement and inclusion;
7. Arrange food and transport for sessions as required;

## Additional information:

- An Enhanced DBS check will be required.

## **Person Specification**

### **Experience & knowledge**

#### **Essential**

- Experience leading nature-based or eco-therapy activities
- A least two-years' experience working directly with people with mental health support needs
- Experience developing activities that meet the Five Ways to Wellbeing and/or five pathways to nature connectedness
- Experience of working with community groups and volunteers

#### **Desirable:**

- Qualification in mental health

### **Skills and ability**

#### **Essential**

- Excellent interpersonal skills with strong emotional intelligence and empathy
- Very well organised with strong attention to detail
- A team player able to work with a broad range of people
- Excellent problem-solving skills
- Ability to respond flexibly to short-notice requests for cover

### **Personal attributes**

#### **Essential**

- Passionate about the value of access to nature and green space in supporting positive mental health
- Innovative and creative, able to deliver engaging and enjoyable activities
- Proactive and solutions focused approach to work

#### **Desirable**

- Full UK driving license with access to car
- Willingness to use an e-cargo bike



# Team Days Support Facilitator

## Job Description

**Contract:** open ended freelance contract, ad-hoc days at £120/day

**Reporting to:** Team Days Coordinator, working closely YPBB team and Council contacts.

**Direct reports:** N/A

## Background

Team Days are employee wellbeing and connection days delivered in parks across Bristol and Bath. They bring corporate groups together to make a difference to a park while building relationships, connecting with nature and being active outdoors.

## Job purpose

We are looking for someone with experience of nature-based and park activities for groups of volunteers or employees in public spaces.

Team Days have a set format, and you will be expected to adhere to this while ensuring attendees have enjoyable and impactful days. You may be leading a group on your own or working with another facilitator to host larger groups. Crucially you will be playing a key role in building new relationships with corporates who could provide longer term support for the charity.

## Key responsibilities:

1. Respond quickly to short-notice ad-hoc requests for Team Days session delivery across Bristol and Bath;
2. Liaise with the Team Days Coordinator to be briefed on the corporate group, site, session briefing, activities and relevant risks which could include a site visit if required;
3. Liaise with other facilitators depending on group size to plan activity delivery;
4. Prep for activities by collecting tools, first aid kit, hot drinks kit etc in advance;
5. Lead or support Team Days in parks, being responsible for participant wellbeing, safety, and activity delivery, adhering to Team Days structure and protocol;
6. Ensure timely communication with the Team Days Coordinator after each session to discuss updates and feedback.

## Additional information:

- A Basic DBS check will be required.

## **Person Specification**

### **Experience & knowledge**

#### **Essential**

- At least two years' experience of leading nature-based volunteer activities
- Experience working in public spaces
- Experience of working with community groups and volunteers

#### **Desirable:**

- Qualification in horticulture or alternative
- Qualification in Mental Health First Aid or alternative

### **Skills and ability**

#### **Essential**

- Excellent interpersonal skills with strong emotional intelligence and empathy
- Very well organised with strong attention to detail
- A team player able to work with a broad range of people
- Excellent problem-solving skills
- Ability to respond flexibly to short-notice requests for cover

### **Personal attributes**

#### **Essential**

- Passionate about the value of access to nature and green space in supporting positive mental health
- Innovative and creative, able to deliver engaging and enjoyable activities
- Proactive and solutions focused approach to work

#### **Desirable**

- Full UK driving license with access to car
- Willingness to use an e-cargo bike