**TRAINEE ROLE DESCRIPTION**

**POST TITLE** Natural Wellbeing Trainee

**FUNCTION** To support the delivery of our Sport England funded project Go Wild Get Fit. This project uses conservation volunteering to provide development opportunities for those who are disadvantaged or disabled within the deprived locations of Northwich, Winsford, Chester and Ellesmere Port.

**MAIN CONTACT** Natural Wellbeing Project Manager

**COMMITMENT**  3 days a week for 9-12 months

**LOCATION**  Central Cheshire but travel to Bickley Hall Farm, SY14 8EF and Holly Bank House, CH2 4HU will be required.

**THE PROJECT**

5.6 million people volunteer in sport and physical activity each month. Disadvantaged communities could reap the most benefit from volunteering which is why Sport England invested £3 million in projects that do just that. Go Wild Get Fit is an innovative project that offers accessible volunteering to those that need it most. It helps people focus on one of four goals with the support of mentors:

* Improved wellbeing
* Improved fitness
* Transition to education, training or employment
* Progression onto regular volunteering

**THE TRAINEESHIP**

This is a unique opportunity to gain experience and skills in the upcoming area of natural wellbeing. Green and social prescribing are becoming more popular and now is the time to develop the skills you need to get into the sector. Volunteering for just 3 days a week you will engage with vulnerable adults, support the delivery of practical volunteering sessions and help monitor the project’s success.

**MAIN TASKS**

* Support the development of vulnerable adults to reach their goals
* Co-ordinate and support the creative delivery of volunteer days
* Complete practical habitat management tasks including but not limited to:
	+ Path and access improvements
	+ Wildlife gardening
	+ Tree planting
	+ Invasive species control
* Innovate creative delivery methods to get the best engagement results
* Collect and analyse data from volunteers
* Support monitoring of the project’s success

**PERSON SPECIFICATION**

This is a fantastic opportunity. You will gain the skills and experience you need to land a dream job. We will support your growth and development while you help develop a wildly innovative new way of working.

We are looking for someone with the following qualities and abilities:

* A passion for the benefit the outdoors can have on wellbeing
* Enjoys being outdoors
* Enjoys engaging with the public
* Experience of engaging with disadvantaged or vulnerable adults
* Reliable, proactive, passionate and able to use initiative
* Friendly, fun, creative and approachable in nature

**PRACTICAL ARRANGEMENTS**

* This is a 9-12 month volunteer traineeship. Flexible days can be accommodated but presence on practical days is preferred.
* Reasonable travel expenses will be reimbursed up to a maximum limit agreed between you and the Natural Wellbeing Project Manager.
* We will ask for one reference before you begin volunteering with us and your continuation in the role is subject to satisfactory completion of a one month trial period and continued good conduct and attendance.
* The normal working day for CWT is 9am to 5pm, Monday to Friday but we may occasionally ask you to help out with events in the evenings or at weekends.
* You will need to have a good level of fitness and mobility and be able to spend a significant amount of time outside, often on difficult terrain.
* You will be based at Holly Bank House, Thornton-le-Moors, Cheshire CH2 4HU although you will be off site on many occasions and also expected to travel to Bickley Hall Farm, SY14 8EF. Due to the nature of this project, the post-holder must have a full driving licence and access to a vehicle.

**BENEFITS AND TRAINING**

* Free access to CWT internal training courses.
* Training budget available for external training courses.
* Gain experience in practical conservation tasks, community engagement activities within an experienced team.
* Gain experience of working at public events.
* Gain experience of working within an environmental organisation.
* Help with CV / job applications at the end of the placement and a reference.

**APPLICATION**

If you are interested in this volunteer role then please complete a trainee application form and email (along with your CV) to Becky Stallard (bstallard@cheshirewt.org.uk)

**Closing date:**

Please ensure your completed Trainee Application form (along with your CV) is received by midnight **Sunday 3rd March.**

**Interviews: Monday 18th March 2019 at Holly Bank House**