

## **Nature-Based Wellbeing Youth Group Volunteer**

**Nature-Based Wellbeing Youth Group volunteer role:** to assist the Nature Based Wellbeing (NBW) team in facilitating and delivering a full programme of nature-based youth activities and providing support to the children and young people accessing these groups.

You will gain experience in developing and delivering age-appropriate nature-based activities for groups of children and young people, to enhance their wellbeing, develop their confidence and skills, and capture their imagination through fun activities that help them connect to the natural world and live more sustainably.

We are looking for volunteers to support the following groups:

**Nature Tots** sessions are for pre-school aged children (0-5 years) with a focus on outdoor play to help them develop motor skills, experience outdoor and forest-school inspired play activities, learn more about the natural world, and to nurture an early interest in and respect for nature. Note - children attending would be accompanied by caregivers.

We are looking for a volunteer to support with sessions running on **Mondays 1.30-3pm starting Monday 6 July.**

Experience in supporting/facilitating children's activity groups would be beneficial but is not necessary.

**Nature Adventurers** after school sessions are for primary-aged children (5-11 years) and in this group the young people take part in games, crafts, learning and outdoor challenges in our woodland area. Activities might include learning about nature and how to protect it, species identification, bird/butterfly counts, den building, rope swinging, creating bird boxes or other habitat or simply relaxing in a hammock. Note - children attending would be accompanied by caregivers.

We are looking for a volunteer to support with sessions (which are term-time only) starting **Wednesday 1 July 4-5.30pm.** Note – as the sessions are term-time only, we'll run three before the start of the summer holidays (on Wed 1 July, Wed 8 July and Wed 15 July) and then re-start again in September from Wed 9 September.

Experience in supporting/facilitating children's activity groups would be beneficial but is not necessary. These voluntary posts will require an enhanced DBS check: St Nicks will complete these with the post holders.

### **Responsibilities of a Nature-Wellbeing Youth Group Volunteer include:**

- Welcoming and integration - greeting group members, creating a friendly atmosphere, helping CYP understand behaviour expectations in the group

- Safety – ensuring CYP are following any instructions given by the facilitator, are not engaging in risky behaviours/play, and following safeguarding policies to report any concerns
- Facilitation and development – supporting the facilitation of group activities across the NBW youth programme, working with the lead facilitator to develop and deliver engaging sessions that meet the needs of the CYP participating
- Support and setup – help the facilitator set up activities/equipment for sessions and close down after, helping direct CYP/caregivers to activity locations on the reserve or facilities in the Environment Centre
- Experience and feedback - supporting the group lead in capturing feedback to meet the monitoring requirements of funders

**Work days/times:**

To cover one or both of the following groups. We would expect the volunteer to arrive early/finish later than the session times to help prepare/set up/close sessions as necessary.

Nature Tots Mondays 1.30-3pm

Nature Adventurers Wednesdays 4-5.30pm (term-time only)

**Skills and abilities needed for this role:**

- Some experience of working with children and young people and supporting group activities would be beneficial but not essential
- Interested in the benefits of outdoor forest school inspired play/activities to enhance wellbeing and inspire an early connection to, and interest in, nature and the environment
- Good levels of communication skills, confident interacting with children with SEND / other communication requirements
- Able to maintain professional boundaries and safeguard CYP 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 for CYP
- A chance to learn new skills and gain practical experience in facilitating outdoor activities for CYP
- Ongoing support to help with personal development throughout the role to achieve personal goals
- Opportunity to improve skills and to attend on site and external 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](mailto:anna@stnicks.org.uk).  
You can get in touch with Anna [anna@stnicks.org.uk](mailto:anna@stnicks.org.uk) for an informal chat.