



Nature Works is a project focusing on engaging young people in a range of nature based therapeutic practices, run by OTR Bristol and working with a number of partner organisations such as New Roots Garden, Wildplace, Cultivate, St Werburghs City Farm and The Forest of Avon Trust. This includes conservation, nature connection and horticultural therapy. You can find out a little more about the project [here](#).

New Roots Garden weekly drop-in volunteers

Nature Works runs a weekly drop-in aimed at young people aged 18-25. This runs on Tuesday 4-7pm, beginning February 25th with a few weeks of 12-4 sessions (to accommodate daylight hours), then moving to 4-7pm from the 14th of April.

It is hosted at New Roots Garden, a calm and secluded community garden based in Speedwell which has historically been a space for a number of community groups, with a particular focus on the refugee and asylum seeker community.

In addition to this, volunteers may occasionally have the opportunity to represent OTR in the partner work we do with organisations across the South West. In doing so you will get a flavour of what other providers across the region are doing and the chance to gain additional experience in running sessions and supporting young people to attend such provision.

If you have experience supporting young people or have practical skills in food production or preserving, natural building, craft or outdoor cookery, we'd love to hear from you.

The role will encompass the following:

- Assisting in the provision of weekly evening horticultural and nature based therapy sessions
- Setting up and tidying of daily activities, on-site outdoor kitchen, ensuring tools cleaned and returned to storage
- Welcome young people into Nature Works and support them to feel included
- Recording attendance and outcomes and ensuring relevant consent documentation is filled in
- Encouraging young people to engage with activities, positively modelling at all times by engaging fully and presently yourself
- Engaging young people in conversations about their mental health and wellbeing
- Become familiar with other OTR and Bristol wide mental health services and signpost young people, where relevant and appropriate
- Reflective feedback and monitoring after each session and periodically at review meetings, both of young people's progress and as a team
- Report any safeguarding concerns to Nature Works Coordinator or team leader at OTR

In addition we would ideally like a minimum of around four months commitment to ensure both the young people and the volunteer team have stability and can provide the most consistent and fulfilling experience for all.

In return you can expect:

- Experience and guidance in supporting young people to improve their wellbeing within an established mental health charity
- Gain access to high quality internal OTR training, including safeguarding (mandatory)
- A DBS check
- References for future roles available

If you're interested in volunteering for any of the above please contact Tim George on 07496 862533 or email your CV and include a few words explaining why you'd like to be involved to: tim@otrbristol.org.uk