



JOB DESCRIPTION

POST TITLE:	Temporary Project Worker
POST SALARY:	£27300 – pro rata
HOURS OF WORK:	7 hours per week (Tue or Thur to suit) (4.5 with participants and 2.5 admin etc) some evenings and weekends may be required, for which TOIL can be claimed
POST LOCATION:	Hainault – with occasional days in Ilford or on excursions
REPORTS TO:	Director
RESPONSIBLE FOR:	Supported volunteers

PURPOSE OF THE POST:

The Green Shoots programme is a new project aiming to be an early intervention for women between 18 and 24 who are experiencing poor mental health. We help with mild to moderate mental health conditions such as depression, anxiety, stress and loneliness.

The programme will start in April and finish in December. An extension may be possible subject to funding.

The programme will run one day per week at our garden in Hainault. We use social and therapeutic horticulture as a method of improving poor mental health so an awareness of this would be useful, as would gardening or crafting. As well as horticultural activities, we will be using co-production to establish ideas around additional programme content, therefore co-production experience would also be useful.

The post holder will be required to:

- Provide day to day advice, direction, support and training for supported volunteers (service users) of Forest Farm Peace Garden Green Shoots project
- Develop, deliver and lead activities for adult service users
- Key work supported volunteers experiencing mental ill health, reviewing needs and ensuring plans are in place to support their wellbeing and recovery
- Work with the Ecotherapy Worker to improve outcomes and wellbeing for supported volunteers
- Work with support Buddies to enable them to work effectively with supported volunteers

MAIN DUTIES AND RESPONSIBILITIES OF THE POST:

- Provide one to one and group support for supported volunteers in the garden and during other activities
- Develop, deliver and lead positive activities in the gardens.
- Provide a listening and support function, ensuring other members of the team are kept up to date with mental health and wellbeing issues relating to individuals, risks are being assessed and safeguards are in place
- Deliver group activities to meet the identified needs of volunteers, evaluating outcomes and impact
- Act as a key worker for allocated members, undertaking assessments, plans and reviews as appropriate in line with organisational guidelines and Data Protection guidelines
- Devise, plan and deliver training courses and workshops within areas of knowledge
- Support the planning and delivery of community events
- Work with other external professionals as required
- Ensure Safeguarding and Health and Safety requirements are met line with our policies and escalate concerns about the well-being of service users to the appropriate agency
- Ensure that services offered are accessible to all, promoting an inclusive approach
- Ensure that supported volunteers are able to contribute fully to the design, delivery and evaluation of services, ensuring services respond to local need
- Participate in regular appraisals with the Director take responsibility for continuing self development, participating in training and development activities as appropriate
- Undertake any other appropriate duties that may be required which are commensurate with the grade of the post

PERSON SPECIFICATION:

Essential

- Qualification and/or experience working with adults with mental health problems in the statutory or voluntary sector
- Able to use a person centred approach, with a flexible approach in meeting client-centred objectives
- Some knowledge of horticulture and other positive activities and willingness to work outdoors, whatever the weather
- Good documentation and report writing skills and effective verbal communication
- Excellent work ethic, team player and good interpersonal skills
- Ability to prioritise, work under pressure and organise time to meet project targets
- Experience of multi-disciplinary and multi-agency working
- Ability to bring about change
- Willing to undergo DBS check
- Excellent communication and people skills
- Ability to build networks and make connections
- Commitment to self-development

Desirables

Qualification in horticulture or related field
Co-production experience
an understanding of social and therapeutic horticulture