**Trainee Role Description:**

**Health & Wellbeing Traineeship**

**x1 Role**

At Organiclea we believe in empowering individuals and communities through sustainable activities, such as food growing, volunteering and nature-based learning.  Our Community Learning & Inclusion team works with vulnerable adults with complex needs, people experiencing ill mental health and neurodiverse adults.

We take referrals from the London Borough of Waltham Forest's Adult Learning service, Talking Therapies and Social Prescribers in GP practices. OrganicLea also has its own dedicated Social Prescriber. As well as offering a Social prescribing Link Worker service, we deliver a programme of green care interventions and activities at our Hawkwood site and in the community.

This traineeship opportunity will suit someone keen to understand the procedure and practice of Green Care and Social Prescribing services.

**Details of the role:**

* Unpaid voluntary role.
* 1 day a week for 6 months (Fridays)
* 9.30am – 5.00pm
* Dates: March to August 2021
* Based at: Hawkwood Community Plant Nursery
* Occasional additional commitments: evening tutorials and reflective practice sessions by prior agreement.

**Role Supported by:**

* Mental Health & Wellbeing tutorials with learning materials
* Monthly (or as required) reflective practice to guide and support your learning
* Join all Organiclea Trainees for monthly discussions on organisational learning topics
* Attain AQA awarded certificate ‘Supporting Clients with Complex Needs’
* Travel expenses (within London if needed)
* A seasonal, vegan, organic lunch will be provided

**Main objectives:**

* To learn about OrganicLea’s Health & Wellbeing programme supporting community participation and inclusion
* Assist with delivery and coordination of our Health & Wellbeing programme, with a focus on OrganicLea’s Buddy Scheme
* Assist with delivery of entry level foundation learning opportunities
* Gain experience in supporting people with ill mental health and complex needs
* Gain insight into the key factors affecting mental health, complex needs and person-centred service delivery

**Main Duties:**

* Support delivery of the Buddy scheme; assisting volunteers in the market gardens.
* Support participants with additional needs (neurodiverse, experiencing mental ill health and complex needs)
* Support delivery of study groups and other entry level learning opportunities
* Support reflective practice sessions with Buddy scheme participants and mentors.

**Person Specification**

**Essential**

* Level 1 Horticulture qualification or equivalent food growing competency
* Completion of AQA; ‘Supporting volunteers to take part in a community project’ OR equivalent mentoring scheme experience
* Ability to explain tasks to volunteers.
* Ability to work on own initiative, prioritise and work collaboratively.
* Commitment to involving all community members in Organiclea’s work.
* Commitment to empower others through sustainable activities such as food growing.
* Understanding of issues surrounding Safeguarding, Health and Safety.
* Commitment to Diversity and Inclusion.
* Commitment to and understanding of Organiclea’s values and aims.
* Current DBS certificate (or willingness to be checked).

**Desirable**

* Experience of delivering training and tutorials.

**To apply:**

Please send a CV (or description of your employment and volunteering history) with a covering letter detailing how you meet the person specification and why you want this post to Heid at: [volunteering@organiclea.org.uk](mailto:volunteering@organiclea.org.uk) or by post to the Hawkwood address below:

Hawkwood, 115 Hawkwood Crescent, Chingford, E4 7UH

For more information about this role please contact [Natasha@organiclea.org.uk](mailto:Natasha@organiclea.org.uk)

**Deadline for applications:**  17:00on Monday22nd February 2021

**Interview date:** Friday 5th March 2021