

Parks in Mind Volunteer

Description: We've created ecotherapy volunteer groups in Parks across Boscombe and Bournemouth to help improve participant's health and wellbeing while enjoying being outdoors.

With a focus on nature conservation, green exercise and other activities, you'll enhance your own wellbeing while making improvements to local parks for people and wildlife. The project also includes elements of nature study, art in the environment, relaxation and confidence building workshops. The emphasis is on providing a relaxed and friendly atmosphere while taking part in practical and sociable outdoor activities to improve the environment. You chose the activities you want to take part in and work to your own limits.

No prior knowledge is required, with the chance to learn from both the project leaders and the other people taking part. If you like to be outdoors, enjoy meeting new people and doing some light manual work this is the perfect role for you!

We're also looking for people who may like to lead sessions, so whether you'd like to run a health walk, tai chi session or crafts activity we'd love to hear from you.

Time commitments: Between 2 hours to 20 days a month – it's completely up to you!

Tasks and responsibilities: Every session will be completely different, but here's some of the activities we might get involved with:

- Planting trees
- Clearing woodland
- Maintaining parkland
- Bird box making
- Health walks
- Litter picking
- Surveys of park users.

What's in it for you?

- Help to enhance and protect our parks for future generations
- Meet new people
- Stay active
- Learn new skills and enhance your CV.

Location:

- Horseshoe Common, Bournemouth
- Knyveton Gardens, Springbourne
- Shelley Park, Boscombe
- Woodland Walk and Fisherman's Walk, Boscombe

If you are interested in the role and would like to find out more, please contact:

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The Parks Foundation

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