**
Volunteer Ambassador**
Help KindleWoods to get the word out about our woodland wellbeing programmes!

**Who are we?**

KindleWoods CIC is an innovative social enterprise sustainably managing local woodlands and delivering programmes with adults experiencing mental health challenges to improve wellbeing.

**Our Woodland Wellbeing programmes**

“One session had a more positive impact than 20 years of counselling” Woodland Wellbeing participant, York 2018

Our woodland wellbeing programmes combine practical woodland skills, from bushcraft, campfire cooking, to conservation with learning about wellbeing strategies including mindfulness. We support people with a wellbeing challenge to build confidence, connect with nature, spend time with others in a group, helping to change perceptions about what they are capable of. We have had powerful feedback so far, with many participants going on to volunteer with us after the programmes.

**The role**

We are looking for people who are passionate about what we do and can help to get the word out! It is flexible how you think you might be able to support us best – it might be you can put posters up locally, get the word out online, give presentations to local groups, talk to colleagues at work or visit an event. The role is flexible and can be worked around what you are able to offer, and what would support KindleWoods. We ask that you are available to attend several woodland wellbeing sessions throughout the year, to get to know KindleWoods and the work we do so you can promote us confidently and accurately.

Depending on availability, we will meet monthly for a few hours either online, or around the campfire after a woodland wellbeing session in York (currently Thursdays) to update you on what KindleWoods is up to and get feedback from yourselves.

You will be invited to our volunteer socials which happen several times a year, and kept up to date with all our other news and activities.

**Our Ethos**We are passionate about three things – nature, community and wellbeing, and all the projects we take on work towards enhancing each of those in some way. We are not for profit, whereby any surplus generated is re-invested to continue to deliver and develop our social or environmental aims.
 **Time commitment;**
An 1hr 30 min meeting once a month either around the campfire or online
Attend several woodland wellbeing sessions throughout the year
Flexible time commitment for promoting our programmes

**About you** – we are looking for people who are;
- Passionate about KindleWoods and helping us to get the word out about our programmes

* Reliable and committed
* A good communicator
* An excellent ambassador and will represent us well.

If you would like to apply, please complete this short application and we will be in touch! Email Katie Rees, project co-ordinator at katie@kindlewoods.com or call 07840253936 if you have any questions.