



wellbeing works

Horticulture Wellbeing
Worker (Fixed Term)

Position Profile



www.wellbeingworksdundee.org.uk

Welcome Note

Thank you for your interest in the post of Horticulture Wellbeing Worker at Wellbeing Works.

Our organisation has been around in Dundee for almost 100 years, with the aim of supporting those who face mental health challenges towards better wellbeing.

Our team consists of a Chief Executive Officer, Manager, a Volunteer Co-ordinator, an Administrator, a team of 4 Support Workers, 2 Peer Workers and a Community Toolbox Co-ordinator.

We are currently supporting 110 participants through a combination of one to one and group support.

Our work is delivered over the themes of :

Wellbeing Skills: group activity to build confidence and self esteem, and give participants skills and knowledge that will help them to manage their mental health and wellbeing.

Creative Skills: A range of activities that help participants express themselves through, for example, art and crafts, photography, music, and creative writing

Social Skills: Giving participants the opportunity to meet new people, make friends, and become more confident in social situations.

Outdoor Activities: Walking, gardening, conservation and noticing nature where participants can gain the benefits of exercise fresh air and the great outdoors.

Giving: Volunteering opportunities with local partners, or support to take up volunteering with a local charity. This theme also includes giving in the wider context of supporting each other, and giving time to help the organisation through attending focus groups, steering groups or planning and consultation events.

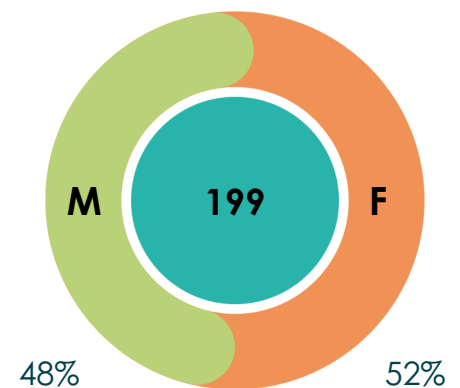
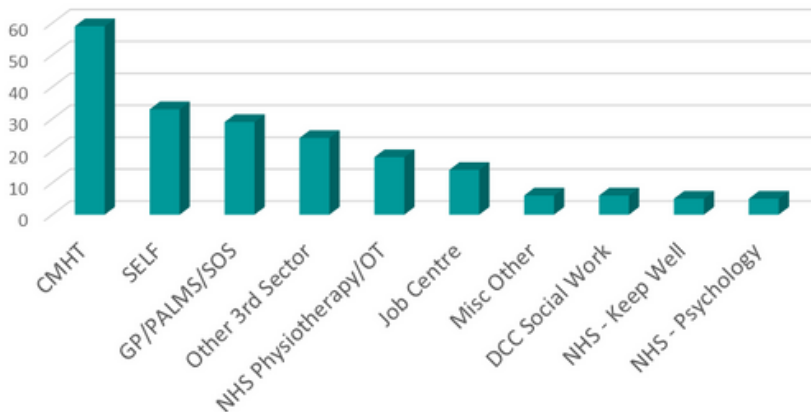


Our Impact

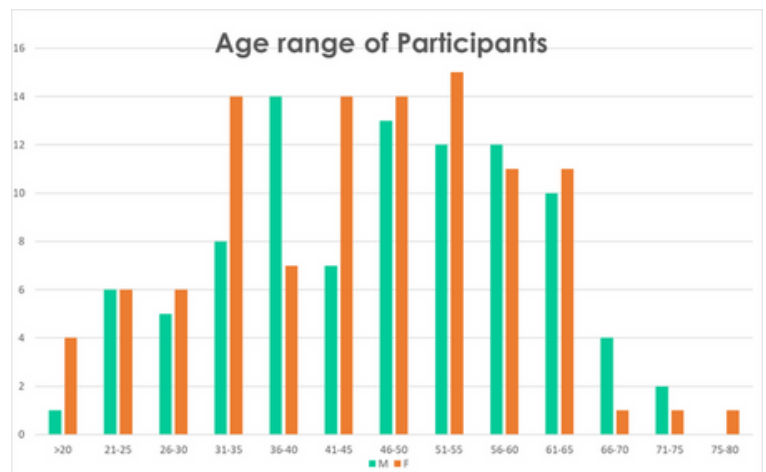
Our referrals come from a wide range of statutory organisations like the NHS and local authority, but we also received referrals from other third sector providers and increasing numbers from participants who self-refer.

**In 2023/24
we worked
with 199
participants**

2023-24 Referral Source



In recent years, we have observed a shift in our demographics, showing an increase in the number of younger adults attending our groups and activities. We hope this trend continues and that we are able to upskill more younger people in terms of managing their mental health and wellbeing.



There is no time limit on how long we can work with individuals, as long as they are attending, and working towards their mental health and wellbeing goals. Examples of some participant goals this year include:

- **Creating structure to get out of the house and have a sense of purpose**
- **Learning new things and breaking old or unhelpful habits and routines**
- **Using Peer Support to build confidence in using public transport**
- **Learning how to cope with stress or anxiety**
- **Feeling comfortable in a group setting**

Job Description

Horticulture Wellbeing Worker (Fixed Term)

Location: Wellgate Centre/ Various, Dundee

Reports to: The Manager

For many years, Wellbeing Works has harnessed the benefits of gardening and outdoor activities to promote positive mental wellbeing through our allotment, community gardens, and various nature and conservation initiatives.

We are seeking an experienced and passionate individual to join our team. As the horticulture mental wellbeing worker, you will be responsible for implementing horticultural and environmental programs for individuals and groups, using plants, gardening and conservation activities to improve mental, physical, and emotional wellbeing. If you are dedicated to promoting wellbeing through nature and have a strong background in horticulture, we encourage you to apply for this exciting opportunity. This is a 1 year Fixed Term post.

Responsibilities:

- Actively contributing to the ongoing development of a comprehensive program that focuses on the participant journey, with horticulture and conservation as central activities.
- Collaborating with colleagues to integrate practical wellbeing skills through workshops and relevant activities, ensuring they align with the needs of the participant group.
- Facilitating independent allotment sessions for current participants.
- Establishing and nurturing partnerships with external organisations, such as Campy Growers, Chrysalis, and the Countryside Ranger Service.
- Identifying participants who are suitable for supported volunteering opportunities.
- Developing and maintaining effective channels for consulting with individuals involved in our service.
- Ensuring that the individuality, confidentiality, privacy, choice, rights, and personal dignity of all participants are respected and upheld at all times, while remaining vigilant about safeguarding procedures.

Job Description, continued

You will also be expected to:

- Maintain and routinely update records and participant files.
- Establish connections and collaborate with other community-based organisations.
- Engage actively in staff and project development meetings.
- Exercise reasonable care to ensure your own health and safety, as well as that of others.

Person Specification

Essential

- Knowledge of horticulture principles and practices, as well as knowledge of the therapeutic benefits of plants and gardening/conservation activities
- Proven experience in working within mental health recovery focused practice
- Experience in mentoring, supporting and supervising others.
- Experience working with diverse populations.
- Ability to develop and sustain effective and positive working relationships with participants and other professionals.
- Ability to work co-productively.
- Good written and verbal communication skills.
- Experience in facilitating group and one to one work.
- Flexible and person centred approach to working with people.

Desirable

- Experience of design and implementation of horticultural and/or conservation programs.
- Certification in Horticultural Therapy from a recognised organisation
- Driving licence and access to a car



The Recruitment Process

This is a fantastic and rewarding opportunity to join a progressive organisation in the mental health sector allowing you to make a difference daily.

In return, the successful candidate will receive:

- Salary £23,939 Pro Rata (£11,887.20)
- Flexible working – 18 hours per week
- 240 Hours Holiday per year inclusive of bank holidays Pro Rata (119 hours)

To apply for this position:

Contact hello@wellbeingworksdundee.org.uk for an application pack.

The closing date for applications is Thursday 8th May 2025 at 6pm.

Interviews will take place on Thursday 23rd May and Friday 24th May.

Wellbeing Works is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, race, disability, age, sexual orientation, gender reassignment, religion or belief, marital status or pregnancy and maternity.



www.wellbeingworksdundee.org.uk



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