



JOB DESCRIPTION OF HORTICULTURAL THERAPIST for pilot project in green social prescribing with a local health centre (part time, fixed term with possibility of extension, subject to funding)

To provide social and therapeutic horticulture sessions on one half-day per week (probably Mondays) for an initial period of twelve weeks, based at the Ridgeline Trust Therapeutic Garden, 25 Whiteknights Road, Reading RG6 7BY.

Supporting clients (in collaboration with a local health centre, other possible collaborators, and with Ridgeline staff and volunteers)

- To plan, develop and provide, horticultural therapy and related garden-based activities (including indoor educational and craft activities during inclement weather) for people whose mental health has worsened as a result of Covid-19 and may be helped by horticultural therapy.
- To provide, in consultation with each client and Social Prescribers from the health centre, a personal programme, which will identify what the client can gain from horticultural therapy at the Ridgeline Garden, what skills can be developed and what support can be put in place to ensure the best outcome.
- To set goals with each client in accordance with identified skills, abilities and interests and to monitor and report on progress towards those goals during and at the end of the project.
- To maintain client records in accordance with Data Protection legislation.
- To ensure confidentiality of personal information in relation to clients attending the garden project.
- To understand and implement the necessary precautions for working safely to minimise the spread of infection, following Ridgeline's Covid-19 risk assessment guidelines.
- To undertake online training in safeguarding and to implement Ridgeline's policy for protecting vulnerable adults. To follow health and safety requirements at all times.

Working with volunteers

- With support from the Trustees and Development Manager, to direct volunteers and support them to be able to confidently work alongside vulnerable people attending the garden programme.
- To ensure that the pavilion, including the toilets and kitchen area, are left clean and tidy at the end of each session.
- To work alongside the trustees and garden volunteers to plan, oversee and monitor seasonal gardening events, which include the Plant Sale in May and the Harvest Fete in September.

General

- To promote good communication between clients, Social Prescribers, staff, volunteers, other collaborators and Ridgeline trustees, where appropriate.
- To keep in touch with other Ridgeline Horticultural Therapists, as required, to discuss plans and any issues arising.
- To meet a designated Trustee at least once every four weeks to report on progress, discuss and plan operational matters and any other issues that arise.
- To feed into the review of relevant policies and to ensure compliance with all Ridgeline policies.
- To undertake and review all activity and site risk assessments, as required.
- To ensure the quality of the service provided using Thrive's 'Cultivating Quality', quality assurance tool as a guideline.

Person Specification

You will have:

- Understanding and experience of working with people with mental illness and other disabilities and special needs
- A sound knowledge of and interest in horticulture
- Excellent interpersonal and communication skills
- Patience, understanding and the ability to work with a range of people
- Analytical skills and the ability to make accurate assessments
- The ability to motivate and encourage others
- The capacity to use your initiative and work independently
- Strong organisational skills
- Willingness to work collaboratively with others

Experience and/or a qualification in horticultural therapy is desirable.

The post holder will be required to undergo an Enhanced DBS check.