



**Connecting
Actively to
Nature**

Volunteer Role Description

Role:

The role of a CAN volunteer contributes to our overall aim of connecting people actively to nature.

What is CAN?

Feeling connected to nature is good for you. Being physically active is very good for you. Being Naturally Active is EVEN better.

'Connecting Actively to Nature' is a new project that will help people aged 55 and over get more Naturally Active. The project aims to make getting Naturally Active easy and enjoyable for those who currently do little or no activity, or are struggling to stay active.

**Inactive; less than 30 minutes of exercise per week*

Devon Communities Together is recruiting CAN Volunteers who are committed to our cause and helping people to connect actively to nature through accessing their local CAN groups. The role of a CAN volunteer is unpaid (All expenses covered) and requires a small time commitment.

As a CAN Volunteer, we would love you to bring a range of skills and qualities:

- Passionate - about the natural environment and being active in natural settings.
- Lived experience - about the impact of being active in nature has had on your life.
- Supportive - of your local 'active in nature' projects and signposting people to them.
- Genuine interest - in people: approachable; enjoy listening and talking.
- Engaging - with the CAN programme with enthusiasm.
- Sharing - key messages to help drive behaviour change in your local community.
- Advocating - being an advocate for the CAN programme.
- Volunteering - get involved and actively participate in volunteer opportunities to support people to get active in nature within your local community.

Role Description

As a CAN Volunteer, you would be responsible for:

- Staying in touch with the latest news and guidance from Devon Communities Together your local partner organisation and Active Devon (County wide organisation).
- Attending training opportunities and occasional network meetings.



- Providing information about the local CAN groups and opportunities.
- Providing the opportunity for people to become active and stay active either in a supportive role or a leading role.
- Making sure your local group or your supporting role is friendly, enjoyable and safe.
- Making sure paperwork like registration and participant forms are completed for monitoring and evaluation purposes.

What is the time commitment required?

Most CAN activity sessions are short, around an hour or two once a week. Including travelling, preparation and paperwork leading an activity close to home typically takes around 2½ - 3 hours a week, plus occasional meetings and training.

The benefits to you:

- Training and mentoring - you will be supported by a member of staff from Devon Communities Together and also from the umbrella organisation Active Devon. You will have a range of training courses that you will be able to attend as part of your role and the following opportunities:
- Reimbursement of any expenses incurred (with prior agreement).
- The opportunity to develop existing skills and learn new ones.
- To get out and about in your community and meet others.
- The chance to make a difference to someone's life as well as your own.
- The opportunity to meet others like you across the County through both network celebration days and media platforms.
- To work as part of a team.
- Inclusive environment where we continuously value all contributions on a regular basis and give ongoing project feedback and impact.

