



## **Job description: Wellbeing & Food Grower**

**Place of work:** Ealing

**Responsible to:** Project Director

**Hours of work :** Monday and Friday 9 – 5 and additional day to be agreed

**Salary:** £23,000 to £26,000 pro rata

**Contract:** 12 months fixed term contract (with a view to extend)

### **About MindFood**

MindFood is an innovative social enterprise that supports people with common mental health problems to improve their wellbeing through growing and selling food. We currently operate from a sensory market garden in Ealing West London.

MindFood has two strands:

1. Delivering psychoeducational courses such as our 'Growing Wellbeing' 6 week course that focuses on the 5 ways to wellbeing in a food growing environment. The course is designed to be a fun balance of learning how to grow a wide range of fruit and vegetables whilst becoming more mindful of ways to improve our wellbeing.
2. Producing 'Good Mood Food' that is natural, nutritious, local and fresh. We provide opportunities for the people we work with to sell the produce they've grown on market stalls and supply other local outlets.

### **Job purpose**

To manage and deliver MindFood's wellbeing and food growing programmes, ensuring that our core focus is always on supporting people to improve their mental wellbeing. Working with the Project Director on entrepreneurial ways to raise funds through trading and fundraising to make MindFood financially sustainable.

### **Main tasks**

#### **Managing the Growing site**

- Day to day management and maintenance to a high standard of MindFood's growing and indoor space
- Managing the crop production and cropping programme in order to attain the social objectives of MindFood
- Planning and managing the grow to sell market garden to optimise revenues from sales
- Working with the Project Director to decide sales plan and channels and for the produce.
- Maintaining and managing machinery and tools and the inventory thereof
- Developing and maintaining habitats which encourage thriving biodiversity on the farm
- Implementing the Health & Safety policy around the site

- To work with the Project Director to the agreed budget for staffing, tools and plants.

### **Developing and delivering our Wellbeing programmes**

- Planning and running the Growing Wellbeing, Plot to Plate and volunteering sessions with participants
- Working with the Project Director to refresh existing services and courses and design and pilot new courses at our site and other locations
- Encourage group members to develop and work on actions plans to improve their wellbeing
- Teaching vegetable and fruit production to participants
- Advising on and developing organic and sustainable crop production methods.
- Recruiting, managing and assisting volunteers ensuring the adequate DBS checks are in place if appropriate
- To ensure that all aspects of health and safety relating to the services are being followed including risk assessment of the service and all clients, responding effectively to and reporting incidents and safeguarding issues, maintaining proper documentation and following all of MindFood's policies
- Coordinate and manage referrals into the project, ensuring all participants are adequately risk assessed
- Ensure clear, consistent and timely communication with participants around enquiries, welcome pack and information on content of the course each week
- Provide sign posting to participants that can support them with their practical and emotional needs
- Collect monitoring and outcome measurements including WEMWBS, resilience scale and MindFood evaluation form
- Working closely with referral partners from other VCS organisations and NHS to manage referrals and promote our work
- Submit outcomes and outputs to line manager on a monthly basis
- Contribute to social media updates on Facebook, Twitter, Instagram and manage enquiries on Meet Up
- Attend fortnightly supervision with line manager and monthly clinical supervision

### **Person Specification**

- Motivated by the goals and ambitions of MindFood and share our passion for supporting mental health recovery
- We are looking for someone who has a sound knowledge of organic growing, with considerable practical experience. You will be someone who has had some experience of being able to engage, teach, motivate and inspire vulnerable people to get involved and learn horticulture skills.

### **Essential factors**

- At least 2 years experience of working with / supporting people with mental health problems
- Have an understanding of mental health conditions and strategies for working with people affected
- Ability to connect with and engage people from a wide range of circumstances - Ability to lead, coach and motivate a group
- “Can-do”, proactive attitude and approach, and ability to be self-administering and work on own initiative without supervision
- Skills and experience in leading and teaching groups in a horticulture setting.
- A recognised horticultural qualification to at least NVQ level 2 or equivalent.
- The ability to develop, coordinate and implement planting and growing plans appropriately.
- Experience of recruiting and managing referrals of participants to take part in the projects
- Experience of monitoring projects, keeping accurate records, statistics, information and producing regular reports
- Ability to cope with the physical nature of the work.
- Willingness to work flexible hours when needed.
- Experience of conducting client risk assessments and understanding of safeguarding / suicide prevention
- Experience of planning, implementing and delivering courses / workshops
- Good organisation skills, practical knowledge and ability to work effectively with a wide range of people
- Experience of working in partnership with other organisations and community groups
- Have good presenting and networking skills
- Have empathy and patience

### **Desirable factors (but not essential)**

- A qualification in Social and Horticultural Therapy
- A qualification in psychology, mindfulness, positive psychology
- Evidence of practical experience in and commitment to organic gardening.
- Experience of leading guided walks and talks.
- Teaching experience.
- Experience of working within the voluntary sector
- Experience of working in a social enterprise

### **Applications**

All applicants are required to email their CV and a covering letter addressing key skills and experience to [ciaranbiggins@mindfood.org.uk](mailto:ciaranbiggins@mindfood.org.uk)

Closing date: Tuesday 3rd January 2017

For further information visit [www.mindfood.org.uk](http://www.mindfood.org.uk)