



Post Title: Green Health Development Officer

Are you passionate about green spaces and encouraging people to lead healthier lifestyles? We are looking for a self-motivated, team-orientated and enthusiastic individual to support the implementation and development of the Green Health Prescription pilot project in Dundee, and coordinate other local initiatives which promote and maximise the use of green spaces for health benefits. An example of this is Re-Discover Dundee, a cycling project which offers volunteer-led rides on electric tricycles to community groups and individuals. The post holder will also develop approaches and interventions to achieve travel behavioural changes and promote sustainable travel choices across different audiences.

The service is being co-designed and will be delivered by Volunteer Dundee, through the existing Dial-OP Information Line service, in collaboration with the Green Health Partnership. We are also working with Dundee City Council, NHS Tayside, a range of third sector organisations and individuals who promote the benefits of the natural environment for health and wellbeing benefits.

This post is funded by Paths For All Smarter Choices, Smarter Places Open Fund; Scottish Natural Heritage; and Common Good Fund.

PURPOSE OF POST:

- Work in a strategic, methodical and consistent manner in the delivery of the green health prescription, which provides a direct link for GPs and associated health care practitioners to refer patients to green and outdoor activities for health and wellbeing outcomes.
- Develop strong working relationships with green health organisations, community groups, members from statutory, voluntary and private sector for stronger collaboration between sectors and cross-sectoral action to achieve positive health outcomes.
- Contribute to the development and sustainability of the Green Health Prescription, and support the coordination and diversification of nature-based interventions available locally.
- Increase community capacity to build a wider menu of green health interventions.
- Develop realistic behavioural change activities and solutions with partners and community groups and individuals to improve levels of physical activity – including cycling and walking, as well as identifying opportunities for sustainable travel options.

KEY DUTIES:

- Ensure the effective management of incoming enquiries following from the Green Health Prescriptions issued by participating GPs and other health professionals.
- Undertake a person-centred consultation with service users and ensure that a suitable lifestyle intervention is chosen, after gaining a comprehensive understanding of the service users' preferences and personal circumstances.
- Find out service users' attitudes towards being healthy and active and encourage sustainable lifestyle changes.
- Identify support needs and personal barriers and explore enablers to ensure maximum engagement with the chosen activity, through for example arranging a volunteer buddy match or appointment reminders.

- Set up a recording system to monitor the prescriptions' reference number, post code and chosen intervention to establish who is engaging, who is not and find out why.
- Maintain good working relationships with prescribers and report progress where required.
- Work closely with deliverers to provide service users with a co-ordinated and positive experience.
- Contact service users fortnightly over an initial period to monitor progress against those realistic goals initially agreed; and find out about those patients issued with a Green Health Prescription who have not been in touch.
- Carry out review meetings with service users and introduce them to additional support services where appropriate.
- Ensure that the database of greenspace/nature interventions is up to date at all times and linked with NHS Inform, to enable effective and accurate referral of service users with activities. Undertake an audit of such entries bi-annually.
- In collaboration with the Dial-OP & GO team, support the recruitment and management of volunteers who will provide time-limited support to service users in engaging with activities and groups.
- Build on the work of the Green Health Partnership, helping increase the capacity of organisations and community groups which deliver green and outdoor activities in Dundee, from a demand-led approach.
- Support the efficient delivery and coordination of Re-Discover Dundee rides, managing bookings and sourcing available volunteers from the existing volunteering pool to facilitate taster sessions and regular cycle rides, as well as contributing to the success and development of this initiative.
- Engage with partners and stakeholders, including workplaces, organisations and communities, to increase levels of cycling and walking, reduce reliance on cars and achieve long-lasting change. Also work with employers to help their staff travel more sustainably, submit grants, and obtain the Cycle Friendly Employer status.
- Increase the knowledge of active travel options and challenge attitudes and beliefs in relation to active and more sustainable lifestyle changes through awareness-raising sessions, advertising cycle/walking routes and issuing travel diaries.
- Monitor progress and provide outcome-focused reports for each area of work, in line with local and national performance measures and outcomes.
- Promote the work and contribute to the overall aims of the Green Health Partnership, Volunteer Dundee and Dundee's Third Sector Interface.

OTHER DUTIES:

The job description is a broad picture of the post at the time of preparation. It should not be seen as an exhaustive list of all possible duties as it is recognised that jobs change over time.

RESPONSIBLE TO:

Green Health Partnership Coordinator and Dial-OP & GO Coordinator.

MAIN WORKING CONTACTS

- Internal:** Green Health Partnership Coordinator, Dial-OP & GO team and volunteers, Volunteer Dundee staff.
- External:** Dundee City Council and NHS Tayside, Cycling UK, Cycling Scotland, Integrated Care Fund projects, Third Sector Interface partners, community and voluntary groups.

CONDITIONS OF SERVICE

- These are set out in the organisation's conditions of service.
- All staff meeting the qualifying criteria may join a defined contribution pension scheme provided by TPT Retirement Solutions.
- The organisation has an Equal Opportunities policy and seeks to be an equal opportunities employer.

SALARY: £22,968 per annum

HOURS OF WORK: 35 hours per week to be worked in accordance with VCD Conditions of Service. This post may involve evening and weekend working.

CONTRACT: Fixed-term for one year

ANNUAL LEAVE: 27 days per year, rising one day per year according to service up to 32 days, and Christmas closure

TRAINING: All Volunteer Dundee employees have the opportunity to request training and development in line with the Internal Staff policy.

