

A Helping Hand

If you would like to make that first step towards volunteering but would like more information about an organisation and what they can offer then contact your local volunteer centre. They can guide you through and make initial contact on your behalf.

Volunteer Centres

Sedgemoor Volunteer Centre, 19B Monmouth Street, Bridgwater, TA6 5EQ
T: 01278 457685

Engage West Somerset, 23a Friday St, Minehead, TA24 5UB
T: 01643 704041

Voluntary Action North Somerset, Badger Centre, 3-6 Wadham Street, Weston Super Mare, Somerset, BA23 1JY, T: 01934 410190

Voluntary Centre South Somerset, Unit 5, Yeovil Small Business Centre, Houndstone Business Park, Yeovil, BA22 8WA, T: 01935 475914

Mendip Community Support, 62, High Street, Shepton Mallet, Somerset, BA4 5AS
T: 01749 346830



'I think this day proves to us as a group that being in the fresh air and working alongside each other helped our wellbeing, we communicated better, we were learning, supporting each other, and gently mixing with other people outside our normal environment'.

Chard Intentional Peer Support Group

If you are interested in a career in the outdoors seek advice while you are volunteering. Being a volunteer is a great way to get that first foot on the ladder. For more formal advice about finding the right career for you contact your local Connexions Centre.

Connexions Centres - Careers Advice

Bridgwater, Wessex House, West Quay, Bridgwater, TA6 3HW
T: 01278 423788, E: bridgwater@connexions-somerset.org.uk

Frome, 1A Palmer Street, Frome, BA11 1DS
T: 01373 465302, E: frome@connexions-somerset.org.uk

Minehead, Vennland Centre, Vennland Way, Minehead, TA24 5DX
T: 01643 701900, E: minehead@connexions-somerset.org.uk

Taunton, 1 Mendip House, High Street, Taunton, TA1 3SX
T: 01823 321212, E: taunton@connexions-somerset.org.uk

Wells, The Old Glasshouse, South Street, Wells, BA5 1SL
T: 01749 686730, E: wells@connexions-somerset.org.uk

Yeovil, Ground Floor, Prestleigh House, 38 – 40 Hendford, Yeovil, BA20 1UW
T: 01935 381800, E: yeovil@connexions-somerset.org.uk

Cultivating Wellbeing

Opportunities for Engagement with the Natural World



Cultivating Wellbeing

Being outside and enjoying nature is both enjoyable and good for us. There is growing evidence of the great benefits to health and wellbeing in working in natural environments, parks, gardens and other green spaces. Somerset has a wealth of natural environments which people can enjoy through volunteering, training and employment with local organisations who can introduce you to all the benefits that getting closer to the natural world can bring.

This brochure has been put together to help, in particular, people with experience of mental distress to get involved in environmental projects to improve physical and mental health. It provides information on what opportunities are out there and who to contact across the county.

Volunteering

Somerset has a wealth of natural environments which can be accessed through volunteering, training and employment with local organisations who can introduce you to all the benefits getting closer to the natural world can bring.

'Volunteering has been fantastic for me, I have learnt new skills, found out so much more about my local environment, received training and met new people.. The best thing about volunteering however, is you can do as much or as little as you want and you can choose areas that interest you'

Kate Scott
(Exmoor Moorland Heritage Trainee)



Being a volunteer is a good way to learn new skills, meet people and is a chance to be outdoors. It can help you gain experience for that first paid post in conservation, horticulture or other practical outdoor careers. For more information about where in Somerset you can volunteer check out our 'Volunteering Opportunities' map overleaf.

Employment

A job working in the outdoors can prove extremely rewarding and there are many health benefits. To find that ideal post Connect South West provide free careers advice for adults. This can include CVs, preparing for interviews, job search and finding the right career. Appointments are available through Connexions Centres.

Useful Websites:

www.countryside-jobs.com: extensive coverage of jobs and training
www.environmentjobs.co.uk: environmental jobs, courses, events and volunteering
www.horticulturejobs.co.uk: specialist job site for horticulture work
www.connexions-somerset.org.uk
www.somerset.floodlight.co.uk: course finder website for Somerset
www.careersadvice.direct.gov.uk/helpwithyourcareer/volunteering/: advice about careers and volunteering

Exmoor National Park
 Contact: Patrick Watts-Mabbott
 Tel: 01398 323665 / 07973 727469
 Email: pwatts-mabbott@exmoor-nationalpark.gov.uk
 www.exmoor-nationalpark.gov.uk
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Mosaic
 Exmoor National Park
 Contact: David Rolls
 Tel: 07935 099462
 Email: david@cnp.org.uk
 www.mosaicnationalparks.org
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Quantock Hills ANOB
 Contact: Owen Jones
 Tel: 01832 451884
 Email: quantockhills@somerset.gov.uk
 www.quantockhills.com
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Bridie's Yard Organic Food Co-op
 Glastonbury
 Contact: Tanya Dawson
 Tel: 01458 830577
 Email: contact@bridiesyard.50webs.com
 http://bridiesyard.50webs.com/
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Paddington Farm Trust
 Glastonbury
 Contact: Tanya Dawson
 Tel: 01458 832752
 Email: info@paddingtonfarm.co.uk
 www.paddingtonfarm.co.uk
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Glastonbury Trust
 Glastonbury, Street
 Contact: Chris Trowoger
 Tel: 01458 831399
 Email: glastonburytrust@ukonline.co.uk
 http://glastonburytrust.co.uk
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Sedgemoor Conservation Volunteers
 Wells/Glastonbury to coast. Mendips/Poldens to Somerton
 Contact: Anne & Norman Lees
 Tel: 01278 641521
 Email: leesmark@supanet.com
 http://www.the-van.com/scv/
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Somerset Earth Science Centre
 Stoke St Michael
 Contact: Gill Odolphe
 Tel: 01749 840156
 Email: gill@earthsciencecentre.org.uk
 www.earthsciencecentre.org.uk
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Carymoor Environmental Centre
 Castle Cary
 Contact: Julia Percy
 Tel: 01963 350143
 Email: julia.percy@carymoor.org.uk
 www.carymoor.org.uk
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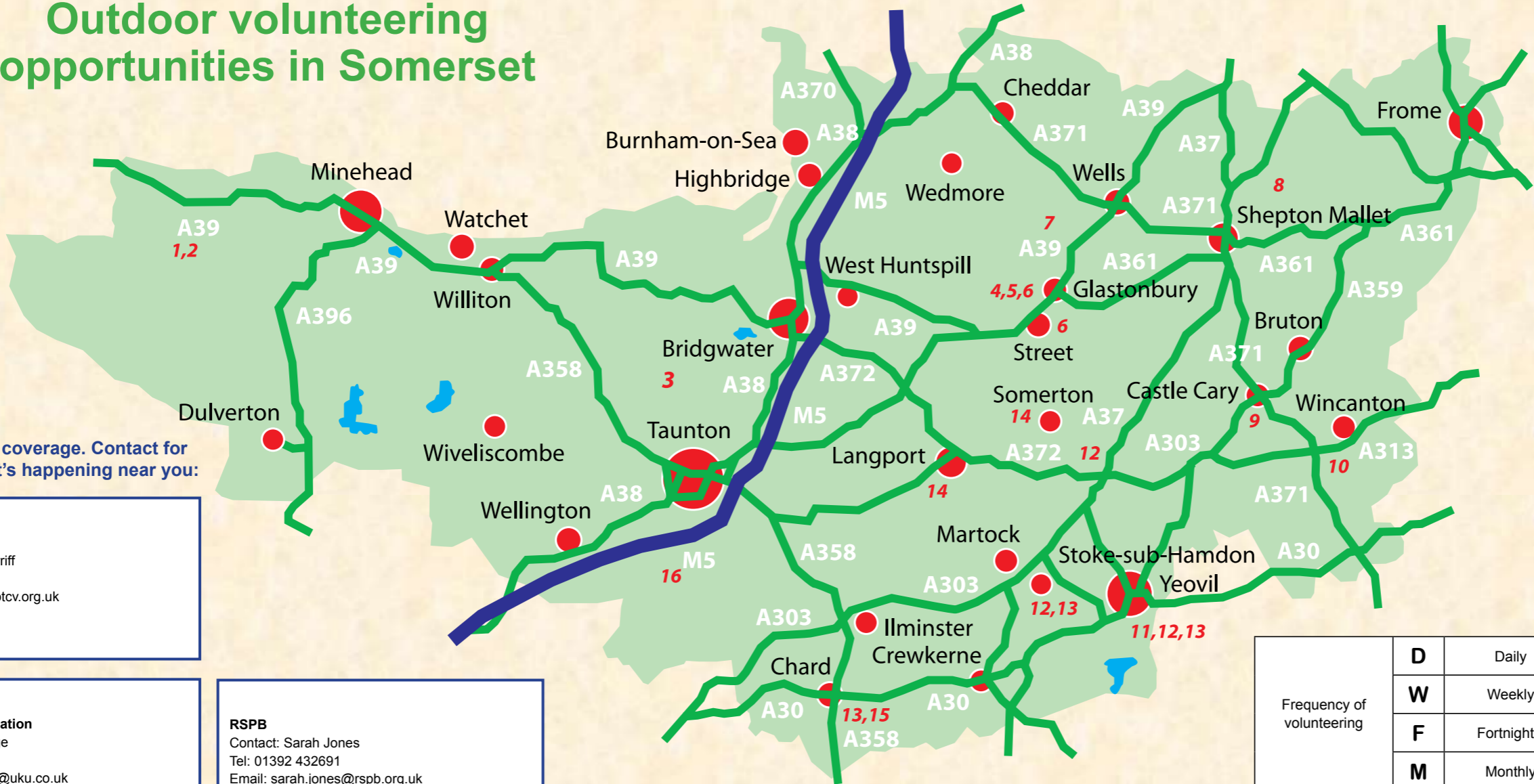
Balsam Centre & Growing Space
 Wincanton
 Contact: Rachel Kennedy
 Tel: 01963 31842
 Email: rachel@balsamcentre.org.uk
 www.balsamcentre.org.uk/?page_id=15
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The Vanessa Project
 Yeovil
 Contact: Alison Hayward
 Tel: 01935 474875
 Email: alison.hayward@southsomersetmind.co.uk
 http://vanessaproject.netne.net
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BTCV
 Ham Hill, Yeovil Country Park, Lytes Cary Manor
 Contact: Paul Sherriff
 Tel: 01935 415255
 Email: p.sherriff@btcv.org.uk
 www2.btcv.org.uk
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South Somerset District Council
 Yeovil Country Park, Ham Hill, Chard Reservoir
 Contact: Katy Munday
 Tel: 01935 462522
 Email: countryside@southsomerset.gov.uk
 www.southsomerset.gov.uk
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Outdoor volunteering opportunities in Somerset



County-wide coverage. Contact for details of what's happening near you:

BTCV
 Contact: Paul Sherriff
 Tel: 01935 415255
 Email: p.sherriff@btcv.org.uk
 www2.btcv.org.uk

Butterfly Conservation
 Contact: Mike Ridge
 Tel: 01278 450793
 Email: dave.ayling@uku.co.uk
 www.somerset-butterflies.org.uk

National Trust
 Contact: Nigel Garnsworthy/Isabella Mullin
 Tel: 01823 451814
 Email: nigel.garnsworthy@nationaltrust.org.uk
 www.nationaltrust.org.uk/main/w-global/w-localtoyou/w-wessex.htm

Natural England
 Contact: Simon Clarke
 Tel: 01458 860120
 Email: simon.clarke@naturalengland.org.uk
 www.naturalengland.org.uk/regions/south_west/

RSPB
 Contact: Sarah Jones
 Tel: 01392 432691
 Email: sarah.jones@rspb.org.uk
 www.rspb.org.uk

Somerset Rural Youth Project
 Contact: Barney Simmons
 Tel: 01984 639600
 Email: barneysimmons@sryp.org.uk
 http://sryp.org.uk

Somerset Wildlife Trust
 Contact: Toria Hare
 Tel: 01823 652440
 Email: toria.hare@somersetwildlife.org
 www.somersetwildlife.org

Neroche Conservation Volunteers
 Blackdown Hills AONB
 Contact: Caroline/ Jill
 Tel: 01823 680846
 Email: info@nerochescheme.org
 www.nerochescheme.org
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Magdalen Project
 Chard
 Contact: Giles Aspinall
 Tel: 01460 30144
 Email: giles@themagdalenproject.org.uk
 www.themagdalenproject.org.uk
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Central Somerset Outdoor Learning Partnership
 Somerton, Langport
 Contact: Jane Wilson
 Tel: 01458 446799
 Email: jane.prioryfarm@talktalk.net
 http://wilderwoods.org
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Frequency of volunteering	D	Daily
	W	Weekly
	F	Fortnightly
	M	Monthly
Type of volunteering task	♻️	Conservation
	🍷	Horticulture
	♻️	Gardening
	🚗	Public transport / transport available
	T	Toilets
	♿	Disabled access