



ROLE DESCRIPTION

Practical Conservation Volunteer

What do Practical Conservation Volunteers do?

Little Ouse Headwaters Project (LOHP) Practical Conservation Volunteers restore and create wildlife habitats and work to improve access to the countryside.

We work across a range of sites with varied habitats including wetland, grassland, heathland and woodland and carry out a variety of tasks, including cutting and removing fen vegetation, hedge planting, pond work, scrub clearance and bonfires. Due to the sensitive nature of the sites, during the main breeding season for birds (April to June inclusive) work parties may be cancelled or substituted with other suitable activities.

Why not come along to a work party to meet other volunteers, find out more about LOHP and see whether practical conservation is for you.

If you decide you would like to volunteer for LOHP, you will be asked to fill in a Volunteer Registration Form (which can be sent electronically) supplying relevant personal information such as related experience or any medical conditions which might affect the type of work offered. However, experience is not necessary as training is provided. Ask if you require further support and we will try to assist, where practical.

Volunteering is a social event and there are usually plenty of opportunities to mingle and chat with other volunteers. There are two organised annual social events one during the summer and one around Christmas time. These are enjoyable get-togethers and a chance for us to thank all the volunteers for their hard work. Previous events have included guided walks around nature reserves, mini-conference, talks, and BBQs.

The LOHP newsletter, website and social media enables volunteers to keep up to date with projects and to find out what else LOHP has been working on recently.

Where and When?

Work parties take place on LOHP owned and leased land along the Little Ouse on the Norfolk and Suffolk border currently between Garboldisham and Redgrave and Lopham Fen National Nature Reserve which is managed by Suffolk Wildlife Trust (SWT). We also work closely with neighbouring landowners on their sites such as SWT.

Day	Frequency	When
Wednesday	Weekly	Morning session: 9.00am to 12.00pm Afternoon session: 12.30pm to 3.30pm
Thursday*	Weekly	Morning session: 9.00am to 12.00pm Afternoon session: 12.30pm to 3.30pm ^x
Sunday*	Twice a Month	2 nd Sunday: 10.00am to 1.00pm 4 th Sunday: 10.00am to 1.00pm

**During certain times of year some sessions may be cancelled or substituted with other suitable activities. ^xOnly running if enough volunteers.*

Details of activities including times and locations are emailed out a few days before the activity to practical conservation volunteers who are registered with LOHP. Please note that tasks and locations can be subject to change at short notice and notification will be given by email. If you do not have access to email, telephone the contact given below.

Volunteers can attend for as long or as little as they like. Those who are leaving part way through the task should inform the group leader when they leave. Volunteers can choose to join us every week or occasionally to fit in with their other commitments. Other days and times may be available so please ask.

What to wear/bring?

Please wear old clothing and sturdy footwear suitable for the task. Protection against the weather such as sun cream, a hat or a waterproof is advisable, along with a fully charged mobile phone.

LOHP supplies protective clothing such as goggles, hard hats, and gloves which must be worn as advised. Any tools and equipment required for the activity are also supplied.

At the site

Please bring your own refreshments – cakes may be brought for sharing. Toilet facilities are not usually available. All volunteers must carry their emergency contact card, issued when they started.

LOHP support and benefits

The task leader is the point of contact should new volunteers have any questions or if any problems arise. When out on a task, new volunteers will be paired up with those who are more experienced to provide support.

There are training opportunities for volunteers to further their skills depending on the abilities and interests of the individual and the requirements of LOHP. Volunteers can train in first aid, various habitat management skills and, once established potentially leading tasks, and in turn support and develop new volunteers.

First aid

For each task a first aid kit is available and kept in the vehicle/trailer or carried on to the work site. There will be a first aid trained person on each task, who will be made known to everyone at the start of the session. If you have an accident, however small, or even a near-miss, please let us know so we can keep a record of the incident and ensure appropriate treatment. Recording near-miss incidents helps us to prevent future accidents.

Contact Us

If you have any questions about our Practical Conservation Volunteer opportunities or you are ready to get started as a volunteer, please get in touch:

PHONE 07919 912045 (Ellie Beach - Conservation Manager) or
01379 898009 (Reg Langston) or

EMAIL ellie.beach@lohp.org.uk or reg.langston@lohp.org.uk

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