



Gardening Support Volunteer

Role Title	Gardening Support Volunteer
Where/Project/Team	Windmill Hill City Farm: Health and Social Care
When does it start	Various times, depending on which day you're available
Commitment (Days and Times)	<p>One of the following sessions:</p> <ul style="list-style-type: none"> • Monday mornings 09:45 -12:00 • Tuesday mornings 09:45 – 12:00 • Thursday afternoons 13:30 – 16:00 <p>12 weeks minimum commitment</p>
Purpose of the role	<p>The Health and Social Care Team works with the local community to offer services and activities across a number of areas, including improving people's wellbeing through supporting them to volunteer on the Farm. Many service users with mental health issues, learning difficulties and/or recovering from addictions are supported to volunteer at the Farm. The supported volunteering service offers purpose, structure and meaningful work to people and helps develop life skills that can aid recovery or personal development.</p> <p>We are looking for volunteers to join the Health and Social Care Team to support individuals with support needs to garden.</p>
Main activities/ tasks	<ul style="list-style-type: none"> • Support individuals with support needs with day to day gardening tasks. • Develop an understanding of individual needs and aspirations and monitor these in partnership with the Health and Social Care Team. • Assist the group leader to run the gardening volunteering group with ease.
Reporting to	Sarah Mountford (Project and Volunteer Coordinator)
Support and training	<p>We will offer you:</p> <ul style="list-style-type: none"> • Initial induction • Regular supervision, support and training where appropriate to develop your own skills base in the areas you would like to focus on. • Volunteer meetings with the opportunity to socialise with fellow volunteers and discuss project development



	<p>The role will provide you with the opportunity to give something to the community and develop the valuable work of the Farm.</p>
Skills, Experience and Qualities You Need	<ul style="list-style-type: none">• Good communication and active listening skills.• Ability to relate to a diverse range of people.• Interest in gardening and some basic horticultural knowledge desirable.• Non-judgemental attitude and happy to support people from all backgrounds.• Some experience of working with adults with mental health issues.• A friendly, welcoming and inclusive approach.• Ability to work effectively as a member of a team.• An understanding of confidentiality. <p>This is an ideal role for someone who would like to develop experience of working in a Health and Social care team and a community organisation. It is also an opportunity to gain understanding of mental health issues and activities to support those with mental health difficulties.</p>
For more information, contact:	<p>Sarah Mountford Project and Volunteer Coordinator sarah.mountford@windmillhillcityfarm.org.uk 0117 947 1194</p>