



## Gardening & Animal Support Volunteer: Helping others to garden and care for animals

### Commitment (Days and Times):

One morning session 10am - 12noon  
or

One afternoon session 1.30pm - 3.30pm  
12 weeks minimum commitment

This is an opportunity to learn more about mental health difficulties and/or learning disabilities. You will be part of activities that support better mental health and inclusion. You will develop experience in a Health and Social Care team in a community organisation.

### Main activities/ tasks

- Assist individuals with support needs with day-to-day gardening and animal care tasks, harvesting or mucking out for example, and help them feel at ease.
- Develop an understanding of individual needs and monitor these with staff.
- Support the group leader to run the volunteering group with ease.

### Skills, Experience and Qualities You Need

- Good communication skills.
- A friendly, welcoming, inclusive and non-judgemental approach to supporting all people.
- Some experience of working with adults with mental health challenges and/or learning disabilities is helpful.
- Ability to work effectively as a member of a team.
- An understanding of confidentiality and safeguarding.

### Support and training:

- Initial induction
- Regular supervision, support, and training where appropriate to develop your skills in the areas you would like to focus on.
- Volunteer meetings, with the opportunity to socialise with fellow volunteers and discuss project development.

### For more information, contact:

Sarah Mountford

Volunteer and Project Coordinator

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Or complete our online application [here](#).