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**Gardening Support Volunteer: Helping others to garden**

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| **Role Title:** Gardening Support Volunteer**Commitment (Days and Times):**One of the following sessions:* Thursday afternoons 13:30 – 15:30

12 weeks minimum commitmentThis is an opportunity to learn more about mental health problems and learning disabilities and activities that support better mental health and inclusion.You will develop experience of working in a Health and Social Care team in a community organisation.  | **Main activities/ tasks*** Assist individuals with support needs with day-to-day gardening tasks, harvesting 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 farming volunteering group with ease.
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| **Skills, Experience and Qualities You Need*** Good communication skills.
* Happy to work with animals.
* A friendly, welcoming, and inclusive approach to supporting all people.
* Some experience of working with adults with mental health problems and/or learning disabilities is helpful.
* Ability to work effectively as a member of a team.
* An understanding of confidentiality.
 |  **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
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| **For more information, contact:**Sarah MountfordVolunteer and Project Coordinatorsarah.mountford@windmillhillcityfarm.org.uk<https://www.windmillhillcityfarm.org.uk/get-involved/volunteering/>0117 947 1194 |