

Volunteer role description Therapeutic gardening helper

Purpose:

We are committed to promoting the wellbeing of customers and the communities in which they live. As part of this, we are piloting two social and therapeutic gardening schemes, one in Milton Malsor, Northamptonshire (Monday afternoons) and one in Flitwick, Bedfordshire (Tuesday mornings).

The aim will be to help people address physical or mental health needs, by sharing a love of gardening and engaging them in a wide range of indoor and outdoor gardening activities.

While the sessions will be led by an experienced member of staff, volunteers are needed so that we can complete tasks while at the same time focusing on the needs and interests of our customers.

This opportunity would suit volunteers that have some experience of gardening/horticulture and are keen to pursue an interest in the therapeutic benefits that gardening can bring.

We are also interested in hearing from people who may be able to help maintain the garden in between sessions, e.g. watering, weeding, dead heading.

Role description

- help make the garden sessions welcoming, enjoyable and memorable for all
- help prepare for sessions, ensuring plants, tools and equipment are ready for use
- help demonstrate what needs to be done, providing extra help to customers that need it
- share your knowledge of gardening in order to teach and motivate others
- remain aware of health and safety and the needs and abilities of customers
- help prepare refreshments during breaks
- help clear away after sessions

Commitment

- availability on the day of a session from 10am to 1pm or 1.30 to 2.30pm.
- there will be some tasks that need to be completed in between sessions; these would suit people who live locally and enjoy gardening but are maybe less interested in helping to lead therapeutic sessions.

Other conditions

- volunteers will be led by the session leader and there will be regular opportunities to catch up and share ideas
- to aid organisation, good notice of any planned time off would be appreciated
- out of pocket expenses for travel to the place of volunteering will be reimbursed
- all volunteers will attend induction training before taking up their roles; this will include an introduction to the gardening scheme as well as health and safety, safeguarding, equality and diversity, confidentiality and maintaining boundaries.

Person specification

Suitable volunteers should demonstrate the following qualities:

- knowledge and experience of garden/horticulture and an interest in sharing this with others
- an interest in therapeutic horticulture
- an interest in motivating and supporting others to feel part of a group
- a willingness to help out with a range of gardening activities
- the ability to follow instructions and follow policies and procedures
- willingness to contribute ideas to support a high-quality service would be welcomed.

How to apply

- Please contact Emma Dagless, Health and Wellbeing Coordinator, on 0333 015 2294 or healthandwellbeing@guhg.co.uk
- You will need to complete a simple application form and provide two references.