



# Sydenham Garden

*A growing community*

## **Volunteer Role: Garden Support Worker**

Do you want to give back to your community? Gain new skills and experiences? Meet people and support those with mental health issues?

The volunteer role is an important part in helping to support people from Lewisham and Bromley coping with mental illness to re-establish themselves in the community, through gardening activities.

The basic role requirement is to have an interest in working with people who have mental health issues. You need to be able to support and empathise with people who have mental health and physical disabilities in their recovery and development.

This role will be subject to an Enhanced CRB check, as you will be directly involved in working with vulnerable adults without staff supervision.

### **Role Description**

- Working with and supporting our clients (co-workers) who are people living with significant illness, with support from staff and volunteers
- This role is primarily to assist session leaders and to enable co-workers to complete tasks assigned to them in order to reach their therapeutic goals, working alongside them in their gardening and horticulture based activities
- Volunteers help to set up sessions and participate in giving feedback when sessions end (usually last about 3 hours)
- Volunteers play an important role in supporting Co-workers to reflect on previous goals and set new goals on a quarterly basis
- To be part of the team, working with staff to support new co-workers in their first sessions, orientating them the work of the project, helping them meeting other people and finding their way around the site.
- The role requires volunteers to be able to talk directly to co-workers about their health and progress
- You will be contributing to the delivery of Sydenham Garden's organisational aims; by participating in practical sessions.
- Assisting with the physical maintenance and general organisation of Sydenham Garden, and operating as a member of the volunteer team
- Undertaking client programmes in locations and with other groups as required away from the base site
- Welcoming visitors and those seeking information to the site, with the opportunity to assist with visitors' days, special events and other occasions on and off site.
- You will be invited to attend group supervision sessions and joint co-worker and volunteer meetings.

### **We are looking for people with the following abilities:**

- Communicate, you will need to be the sort of person who wants to communicate and enjoys meeting people and have an understanding that it takes time to get to know someone
- Demonstrate sensitivity and an awareness that people may not wish to share their personal stories or situations
- Be patient in the delivery of activities and by having the time to listen and support individuals during the session
- Be non judgemental, open and accepting
- It is desirable that you will have knowledge of health issues, mental health and physical disabilities in particular
- Some gardening knowledge is desirable
- Ability to work reliably and as part of a team is a key aspect of the role
- Be willing to listen and learn from your experiences.

### **Volunteer Gains**

- Experience of working in a community organisation
- Experience of working with and meeting new people
- Criminal Record Bureau Check
- Support and training will be given
- Leadership and motivation skills
- Reasonable travel expenses will be reimbursed and there is a food allowance if you help for over 5 hours
- Skills development in social and therapeutic horticulture
- News and updates about activities within the sector.

### **Availability**

See link for a map and directions

[www.sydenhamgarden.org.uk/contact/finding-the-garden](http://www.sydenhamgarden.org.uk/contact/finding-the-garden)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
am			✓	✓			
pm		✓	✓	✓			

Morning sessions: 9.50-12.30 and Afternoon sessions:1.20-4.00

### **Location**

Sydenham Garden, 28a Wynell Road, London SE23 2LW

### **Contact**

Claudia Sartori – Therapeutic Garden Worker on 020 8291 1650 or by email on [Claudia@sydenhamgarden.org.uk](mailto:Claudia@sydenhamgarden.org.uk)