

Growing Lives Grower Volunteer

About the project

Growing Lives is Therapeutic Market Garden project based on a one acre site right in the heart of Lewisham - A London borough with some of the highest incidence of mental ill health.

Drawing on our 12 years of experience we will help over 30 people suffering from mental ill health and improve their confidence, wellbeing, self-esteem and career prospects as they pass through the programme each year.

We will also our clients (co-workers) the opportunity to work towards Open College Network qualifications which will further increase confidence, self-esteem and employability.

As well as improving community resilience through our workshops, open days and community workdays we also hope to help make it easier for people to eat a healthy diet by supplying fresh and naturally grown produce to local markets and through a veg box scheme.

About the volunteer role

Do you want to give back to your community? Gain new skills and experiences? Work in an exciting Market Garden Project?

The role will provide support to our programme by maintaining, planting and harvesting crops as well as working on infrastructural improvements such as building paths, repairing sheds and building raised beds.

The basic role requirement is to have an interest in volunteering with the practical side of Market Gardening and a desire to complete tasks with minimal supervision.

Role Description

- Maintain, plant and harvest crops with guidance from the project coordinator
- Carry out infrastructural improvements and maintenance as required
- Welcome visitors and introduce them to the site and product
- Opportunities to help prepare for open days, community work days, fairs and workshops

We are looking for people with the following abilities:

- You will have a cheerful and enthusiastic approach to volunteering
- Some gardening knowledge is desirable
- Some practical DIY skills are desirable
- The ability to work as part of a team or individually is a key aspect of the role
- Be non-judgemental, open and accepting
- Be reliable with good punctuality and attendance
- 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
- Experience of Market Gardening
- Support and training will be given
- News and updates about activities within the sector

Availability

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
am			✓				
pm			✓				

The Grower volunteer day will be every Wednesday from 10:30 to 15:30. You do not need to stay for the whole day but would like to know the hours you commit to. This can be discussed before you start.

Location

The De Frene site, up track between houses 35 and 37 De Frene road, Sydenham, London, SE26 4AB
See link for location map

https://www.google.com/maps/d/edit?mid=zJ2HZN-GE8BI.kx51Q8E_rvm4

Contact

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