



Role: Garden Support Worker

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

The role is an important part in helping to support people from South-East London coping with mental health conditions to re-establish themselves in the community, through gardening activities.

The basic role requirement is to have an interest in volunteering with people who have mental health conditions. You will need to be able to support and empathise with people and support them in their recovery and development.

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

Role Description

- This role is primarily to assist session leaders and to enable co-workers to complete the tasks they have chosen in order to reach their therapeutic goals, working alongside them in their gardening and horticulture-based activities
- Working with and supporting our clients (co-workers) who are people living with significant illness, with support from staff and volunteers
- Help setting up sessions and participate in giving feedback when sessions end
- Being an active part of the team, working with staff to support new co-workers in their first sessions, welcoming them into the project, helping them meet other people and orientating them to the site
- Openly talking with co-workers about their health and progress
- There may be occasional opportunities to work with the groups in other locations away from the main site, such as visits to other gardens etc
- Welcoming visitors to the site, assisting with open days, fairs and other special events on and off-site
- You will be invited to attend group supervision sessions, one-to-one's and joint co-worker and volunteer meetings

We are looking for people with the following abilities:

- Great communication skills. You will need to be the sort of person who wants to communicate, enjoys meeting people and has an understanding that it takes time to get to know someone
- You will be able to talk openly with co-workers about their health and progress

- Demonstrate a high level of sensitivity and an awareness to the individual needs of the co-workers
- Be patient in the delivery of activities, always having the time to listen to and support individuals during the session
- Be non-judgemental, open and accepting
- You will have a cheerful and enthusiastic approach to helping co-workers with their activities
- It is desirable that you will have knowledge of health issues, mental health and physical disabilities in particular
- Ability to work as part of a team is a key aspect of the role
- Be reliable with good punctuality and attendance
- Be willing to listen and learn from your experiences
- Some gardening knowledge is desirable

You Gain

- Experience of working in a community organisation
- Experience of working with and meeting new people
- Disclosure and Barring Services (DBS) checks (previously CRB checks)
- Support and training will be given
- Leadership and motivation skills
- Skills development in social and therapeutic horticulture
- News and updates about activities within the sector

Availability

(You must be available each week on one of the sessions below).

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

Morning sessions: 9.45am - 12.45pm and afternoon sessions: 1.15pm - 4.15pm

Location

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

See link for a map and directions

www.sydenhamgarden.org.uk/contact/finding-the-garden

Contact

(Mon-Weds only) Tel: 07529 222 457 or email charlotte@sydenhamgarden.org.uk

How to apply

Is this the role for you? Submit your application here:

<https://www.sydenhamgarden.org.uk/vol-application/>