



Volunteer Role: Garden Support Volunteer

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 volunteering with people who have mental health issues. You will 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 DBS 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 the tasks they have chosen 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.
- To be 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 the 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
- Some gardening knowledge is desirable
- 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.

Volunteer Gains

- 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

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

Morning sessions: 9.45 - 12.45 and Afternoon sessions: 1.15 - 4.15

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

Tel: 020 8291 1650 or email volunteer@sydenhamgarden.org.uk