



Growing Lives Support 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 18 years of experience we 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 also give our clients (co-workers) the opportunity to work towards Open College Network qualifications which further increase confidence, self-esteem and employability.

As well as improving community resilience through our workshops, open days and community workdays we also 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? Meet people and support those with mental health issues?

This volunteer role is an important part in helping to support people in South London coping with mental illness to re-establish themselves in the community, gain confidence and increased self-esteem and achieve accredited qualifications through activities associated with Market Gardening.

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.

Role Description

- Working with and supporting our 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 Market Gardening and horticulture based activities
- Help to set up sessions and participate in giving feedback when sessions end
- Help implement the relevant Health and Safety procedures with the supervision, guidance and support of the session leaders
- 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
- Assist session leader with tuition of accredited courses

- Assist session leader in reviewing the mental health, wellness and achievements of the co-workers
- There may be occasional opportunities to work with the groups in other locations away from the main site
- Welcoming visitors to the site, assisting with community work days, fairs, workshops 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 and 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
- Willingness and ability to work to the agreed session plan
- 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
- Experience working in a mental health setting
- Experience of Market Gardening
- 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

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

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