

Online Green Group Support Volunteer

The online green group volunteer role plays an important part in helping Sydenham Garden to support people coping with mental illness to recover and re-establish themselves in the community. The volunteer supports this process through helping with weekly online-based workshops.

The activities involve optional participation, but we do encourage participants to join in with the practical elements of the session. All materials will be common everyday items or supplied by us in time for the activity.

Volunteer Role Description

Overall Purpose:

To support weekly online sessions for people living with significant illness. You will be volunteering as part of a team to support our co-workers in all manner of green activities such as recyclable crafts, floral arrangements, horticultural topics or wildlife spotting; we cover a wide range of interactive subjects. The same group of 10 meets each week for the duration of their placement so that we can get to know one another better and collaborate on activities. Please note that this role will be subject to a DBS check, as you will be directly involved in working with vulnerable adults.

Main duties:

- Enable co-workers to complete green-based tasks in order to reach their therapeutic goals
- Support new co-workers in their first sessions, orientating them to the work of the project, helping introduce them to other people in their group and finding their place within it
- Supporting participants with session activities. Offering encouragement and validation during the session and helping participants feel included
- Basic Zoom technical support
- Participate in pre and post session briefings with session leader, giving feedback when sessions end

Skills and abilities required:

The basic role requirement is to have an interest in supporting people who have mental health issues in their recovery and development. You need to be able to communicate effectively and empathise with people who have mental health and physical disabilities. We are also looking for someone with creative flair and with experience of the arts, crafts or horticulture, either in a professional, educational or at a personal level.

Specifically, we are looking for people with the following abilities:

- Creative with a personal interest and experience in the arts/crafts/horticulture/wildlife
- Excellent communication skills - you will need to be able to communicate well with a variety of different people, enjoy meeting new people and have an understanding that it takes time to get to know someone
- Ability to take part in the session activities, share work and offer support in the making process by sharing what you may have found difficult or have enjoyed.
- Demonstrate sensitivity and an awareness that people may not wish to share their personal stories or situations
- Be patient in the delivery of activities having the time to listen and support individuals during the session
- Be non-judgemental, open and accepting
- It is desirable that you have knowledge of health issues, mental health and physical disabilities in particular
- Collaborative attitude; understanding how to navigate group dynamics in an online setting
- Understanding of basic Zoom functions in order to provide minimal technical support

Volunteer Gains

- Experience of volunteering in a community organisation
- Experience of working with people experiencing mental health issues
- Experience assisting with online workshops
- Opportunity to meet new people
- Opportunities for training in areas relevant to the role
- Skills in motivating and enabling others
- Skills development in art/horticulture/recyclable-based activities

Availability

One session a week (2 hours). Sessions are currently held on Tuesday mornings.

Applications

Please complete the application form and diversity monitoring forms here:

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

Contact

For any queries about the role please email rachael@sydenhamgarden.org.uk or telephone 07529 222 557