**Volunteer Role Description**

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| **Role:**  | Volunteer Gardener |
| **Reporting to:** | Health and Horticulture Facilitator |
| **Hours:**  | Flexible within sessions which are 10:30 to 14:30 Monday-Thursday |
| **Sites:** | Otway Street and / or High Hopes Community Garden(s), Gillingham |

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| **Role summary** |
| Our community gardens are a preventative mental health and wellbeing service to support those affected by mental health issues in their recovery, by providing a range of activities which reduce isolation. You will have a key role in supporting the Facilitator to deliver of this service by participating in service promotional activities and supporting participants with physical or learning difficulties to enjoy maintaining our outdoor therapeutic sites. |
| **Role duties** |
| * Work closely with the Facilitator to support service users with special needs or physical difficulties.
* Help to ensure the sessions are delivered are set up to a good standard in advance with a range of activities, equipment is clean and facilities used are cleared down after daily use.
* Inform and liaise closely with the line manager regarding any concerns about the wellbeing or welfare of any person attending the sessions.
* Provide practical and personalised one to one support to community members, maintaining clear boundaries, to enable them to set and achieve their own goals towards improved health and wellbeing.
* Provide information and signposting to attendees for health, employment, housing, welfare advice, social care and other services in Medway.
* Assist with any events and fundraising activities to help Sunlight Development Trust.
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