

Skills and experience needed to be a Community Roots Garden Volunteer	
Areas	What you will need to be able to do
Knowledge & Experience	<ul style="list-style-type: none"> • Have an awareness of the mental health of others as well as your own • Previous experience of working with others in a group setting would be helpful • Have an awareness of basic health and safety, and working safely in a garden environment • Have an understanding of, and commitment to equal opportunities and diversity
Skills	<ul style="list-style-type: none"> • Possess a range of gardening skills • Confident with an ability to work with a wide range of people in a group setting • Ability to listen and encourage engagement • Ability to reflect on the environment and make it as welcoming as possible • Ability and commitment to keeping information confidential and feedback information accurately, where appropriate (training provided)
Personal Attributes	<ul style="list-style-type: none"> • To be reliable, punctual and flexible • To be patient and calm • Self-motivated and keen to motivate others • To be open to on-going learning • To let us know if the role is becoming too demanding and to commit only to what feels manageable and positive to you • To connect with a wide range of people who may have differing opinions and experiences to your own
Additional Requirements	<ul style="list-style-type: none"> • Ability to travel independently • Willingness to explore a Wellness Action Plan • Willingness to complete a DBS application • Exact details of volunteering i.e. days and times, to be agreed with staff

Training and Support Offered	
	<ul style="list-style-type: none"> • Organisational and Service Induction • Training relevant to the role e.g. professional boundaries, safeguarding, equality and diversity • Regular support offered by the Project Manager • Wellness Action Planning • Out of pocket expenses (e.g. mileage, travel)
Role Requirements	
	<ul style="list-style-type: none"> • Maintain a safe working environment, in line with site health and safety guidelines and risk assessments • Work within Norfolk and Waveney Mind's Policies and Procedures, in particular, the Environmental Policy • Supporting/encouraging group members to carry out gardening tasks around the site • Informing a member of staff of any concerns about your/a group member's wellbeing

Notes – Please bring this with you to your meeting with us