



Thank you for your interest in becoming a Community Roots Garden Volunteer!

Here is a little more information to give you a clear understanding of the role:

What does a Community Roots Garden Volunteer do?

As a Volunteer supporting a Community Roots Gardening group, you would be working with a small group of gardeners on a large allotment site located in Southtown, Great Yarmouth. The site offers a wide range of activities, events and workshops accessible to the local community to support their mental health and wellbeing.

Working as part of a team of Volunteers and members of the community you would attend a group on a weekly basis agreed with your named member of staff (there are 3 groups in total – you are not obliged to attend all groups). You would support a small group to engage with Gardening activities such as: weeding, sowing seeds, cropping fruit and vegetables, learning about crop rotation and plant care. The group will be led by a member of staff and supported by yourself and other volunteers.

The groups aim is to increase people's social activity and enable participants to meet others and expand their social circles in a relaxed, non-judgemental environment whilst developing new skills. The groups are open to those who have been referred to Community Roots.

Who makes an ideal Community Roots Garden volunteer?

We are looking for people who are passionate about making a meaningful impact in the lives of people experiencing poor mental health or looking to support their general mental health and wellbeing. We welcome applications from people from all walks of life, provided you:

- Are passionate about supporting people to recover from experiences of poor mental health
- Are respectful, compassionate and empathetic
- Are aware of other people's Mental Health and Wellbeing as well as your own
- Are open minded and confident in engaging with a great variety of people
- Are able to travel to the site
- Have a good knowledge of the activity and are willing to share this with the group

Training and Support

This is an opportunity to learn, develop and put into practice skills that are essential for supporting people through the process of recovery from poor mental health. We are leading the way in embedding a truly recovery-focussed approach into our services, and our volunteers are supporting us to make this happen. As a volunteer with us, you will receive training in the following areas:

Volunteering February 2020



- Introduction to the organisation
- Introduction to your service
- Training relevant to your role – e.g. professional boundaries, safety at work, safeguarding, Mental Health Awareness etc.
- Regular support including Wellness Action Planning

This opportunity would be ideal for anyone with a strong interest in gardening and working with people in a project with a mental health and wellbeing focus.

Download the criteria list for a comprehensive look at the role and how to apply
We hope this feels like an exciting and interesting opportunity to you