



Social and Therapeutic Gardening Volunteer Role Description



Main Aim: To work with and support a group of older people and people with dementia in residential care/day care settings to develop and maintain a therapeutic garden.

Responsible to: Volunteer Manager

Location: Care Homes and Community Gardens in the South West, this will be discussed at your informal interview.

Times / Days: Weekdays morning or afternoon

Experience:

Essential:

- To be compassionate, respectful and able to relate to vulnerable people
- Excellent communicator and ability to adapt the way you communicate to meet the needs of different client groups
- To be able to act on own initiative
- To be reliable and committed to regularly attending a session

Desirable:

- Experience of supporting vulnerable people who have health or social care needs (at home or at work)
- Some personal or professional experience of caring for or supporting people who have dementia
- Basic gardening knowledge and skills - you do not need to be an expert
- Passion for or an interest in growing, nature or wildlife

Main Tasks and Responsibilities:

1. To be available for 2 hours, at least once a fortnight.
2. To be able to travel independently to one of the care homes we work with.

3. To commit to volunteering in the role, wherever possible, for a minimum of six months.
4. To attend an induction training session.
5. To attend regular volunteer meetings.
6. To work with and support service users, of care homes or day care services we work with, to be involved in developing their own therapeutic garden.
7. To be enthusiastic about gardening and enable users to get involved in as many garden tasks and activities as they want or are able to.
8. To offer companionship and a listening ear to users of the garden.
9. To be willing to share your knowledge and skills in the garden, as well as to listen and learn from those of service users.
10. To have a sense of humour and fun and ability to share this with other
11. To contribute to the debriefing sessions with Growing Support staff after gardening activities and contribute to monitoring when required.
12. To carry out the responsibilities of the role with full regard to the Volunteer Policy.
13. To stay in touch with the Volunteer Manager and provide feedback when requested.
14. To provide two references, preferably including one manager who knows you from your current or past employment or volunteer experience.
15. To undertake a Disclosure and Barring Service check.

What do our current volunteers say about this role?

“I love every minute of it, its becoming the highlight of my week”

“There is good support to volunteers during sessions. It is rewarding working with residents”

“The introduction session before we began volunteering was very useful..... to get a clearer idea of what we would be doing and to get a better understanding of what patients with dementia experience”

If you would like to know more about this role please contact Sarah from Growing Support at volunteers@growingsupport.co.uk

Growing Support has merged with Alive. To find out more about Alive and becoming a volunteer please visit our website www.aliveactivities.org/about/vacancies/ and to find out more about Growing Support and application forms please visit www.growingsupport.co.uk/get-involved/

Thank you for your interest

