



## Buddy volunteering at Glengall Wharf Garden

Herb Tuesdays is a gardening project focused on supporting health and wellbeing through gardening.

We meet every Tuesday 11- 4 to work with local people over 18, some who may have experienced or be experiencing poor mental or physical health. A social group, we break for a shared lunch at 1.

We do a lot of maintenance for the garden, including maintaining hugel mounds, forest garden, herb planting and support all food growing at the garden. Volunteers are free to come up with ideas for what we need to do to help develop both project and garden.

### About the buddy volunteer role.

- This is an informal opportunity for volunteers who are interested in supporting other volunteers who have may have mental or physical health problems and/or learning disabilities.
- Help us maintain a supportive, welcoming and safe space at the garden. As a buddy, you will play an important role in helping to support fellow volunteers and co-ordinate tasks.
- Buddies help run practical activities and are available to volunteers who need extra guidance or help with settling in and getting to know the garden, only within the session and garden.
- We are looking for our Buddy Volunteers to commit to minimum 1-2 volunteering sessions per month.
- Help everyone access the garden, reap the health benefits and achieve hopes and ambitions.
- Be a respected member of the team with access to further training to develop relevant skills.

**Some of our volunteers may want to improve well-being, self confidence and independence, and reduce social isolation and may need support to achieve this.**

### What skills and experience do I need?

- Good communication skills
- Enthusiasm and interest in encouraging local people to become more involved in the garden and all its activities
- Be non-judgmental and able to respect a person's right to choose how they live
- We welcome volunteers with lived experience of relevant issues
- Reliable and keep to agreed session times

### What sort of things will I do?

- Develop open, friendly and trusting relationships with anyone who needs support at the garden
- Maintain clear boundaries with other garden volunteers
- Provide companionship and support to garden volunteers
- Help garden volunteers identify areas of interest
- Help garden volunteers identify working practices according to physical ability
- Promote hope, positivity and independence.

### Induction

Induction available for all buddies

### Training

We have a budget for training to support our buddy volunteers. Topics will be decided by participants.

**DBS clearance available.**

This role is essentially to provide a friendly and welcoming face, show compassion and awareness in working with people who's needs may be higher than average, and form part of a supportive team running and developing the Herb Tuesdays project.

For more info or to apply, please contact Sue Amos at [herbtuesdays@gmail.com](mailto:herbtuesdays@gmail.com)

For more info about Glengall Wharf Garden, please look at our website [www.burgessparkfoodproject.org.uk](http://www.burgessparkfoodproject.org.uk)