

Greencare Allotment Volunteer Person Specification

Role Title: Allotment Support
Department: Ecotherapy GreenCare/Volunteers
Date: January 2019

Role Summary:

To attend regular weekly sessions to support participants who attend the allotment project, helping people to improve and maintain their mental and physical wellbeing.

Main Duties and Responsibilities:

- Work as part of a team of volunteers.
- Work in the group supporting participants and encouraging participation.
- Facilitate tea and coffee breaks, chatting to participants.
- Give practical hands on help with various allotment tasks: sowing seeds, planting, weeding, watering and harvesting.
- Promote safe working practices, following allotment ground rules and risk assessment
- Liaise with Ecotherapy/GreenCare Manager regarding new referrals, ordering materials etc.

Days/hours: As required and agreed, but will be regular
Location: Throughout Suffolk - Bury St Edmunds, Hadleigh, Ipswich, Haverhill.
DBS Check: Enhanced

<i>Attributes</i>	<i>Essential Criteria</i>	<i>Desirable Criteria.</i>
<i>Attitudes and Values</i>	<ul style="list-style-type: none"> • Commitment to project • Patience • Non judgmental attitude • Enjoy being outdoors 	<ul style="list-style-type: none"> • Enjoying meeting people • Friendly face • Sense of humour
<i>Knowledge and Experience</i>		<ul style="list-style-type: none"> • Some understanding of mental health and wellbeing • Some knowledge of gardening or growing veg is helpful but not essential
<i>Skills and Abilities</i>	<ul style="list-style-type: none"> • Good time keeping • Reliable • Awareness of others 	<ul style="list-style-type: none"> • Good listener • Supportive nature

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