

Volunteer Role Specification

Role Title: GreenCare Allotment Volunteer
Department: GreenCare
Date: January 2024

Role Summary:

To attend regular fortnightly 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 supporting participants and encouraging participation
- Give practical hands-on help with various allotment tasks: sowing seeds, planting, weeding, watering and harvesting
- Facilitate tea and coffee breaks, chatting to participants
- Promote safe working practices, following allotment ground rules and risk assessment

Days/hours: Bury St Edmunds – 3 hours on alternate Friday mornings
 Ipswich – 3 hours on alternate Thursday mornings
 Haverhill – 3 hours on alternate Thursday afternoons

DBS Check: Yes - Enhanced

Attributes	Essential Criteria	Desirable Criteria.
Attitudes and Values	<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
Knowledge and Experience		<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
Skills and Abilities	<ul style="list-style-type: none"> • Good time keeping • Reliable • Awareness of others 	<ul style="list-style-type: none"> • Good listener • Supportive nature