

Volunteer Role Specification

Role Title: Geencare Allotment Volunteer
Department: GreenCare
Date: December 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
Felixstowe – 3 hours on alternate Fridays

DBS Check: Yes - 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
<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

Enquiries to: info@suffolkmind.org.uk or 0300 111 6000