

## **Support Volunteer - Greencare**

Our Greencare group is a twice weekly group offering support to people with historic or current experience of mental health issues, physical disabilities or learning disabilities. It is informed by eco-therapeutic practices, and offers a consistent, facilitated space for people of all abilities to spend time outside in a supportive environment.

We are looking for a Support Volunteer to assist the Communities Programme Manager in the delivery of Greencare sessions once a week, on either Tuesdays or Thursdays from 12-5pm. This will involve helping to set up and clear up after the day's activities, and assisting with the supervision of Greencare activities. The Communities Programme Manager and Farmyard Manager plan and lead the activities, and will be present during each Greencare session.

The group is made up of regular members, and there are usually between 10-25 participants in each session.

As a volunteer, there is no minimum period of commitment, but we ask applicants to carefully consider their ability to attend consistently, so as to minimise disruption to the group dynamic. The opportunity is for a maximum period of six months, after which time we anticipate that volunteers will have built transferable skills to benefit their future career.

## **Main Tasks**

- Support the delivery of our Greencare provision either on Tues/Thurs;
- Help set up and clear up the day's activities;
- Supervise members of the group in carrying out activities;
- Provide support to members of the group as required;
- Follow safeguarding procedures and maintain appropriate boundaries.

Activities broadly consist of therapeutic animal care, gardening, and related tasks such as herbal tea making. Occasionally there may also be arts and craft activities.

## **Volunteer capabilities**

This opportunity will suit somebody interested in gaining experience toward a career in therapeutic community work, with the following capabilities:

- Interest and ability to support people with a range of different level needs.
- Interest and ability to work with adults with mental health needs.
- Interest and ability to work with adults with a learning disability.
- Interest and ability to work with adults with a physical disability.
- Ability to work with diverse communities; an understanding of and commitment to implementing equal opportunities.
- Ability to communicate effectively and sensitively with different types of people.
- Ability to exercise tact and discretion.
- Interest in gardening and/or animal care.
- An understanding of greencare, social and therapeutic horticulture, and / or eco therapy approaches.
- Ability to maintain boundaries, and resilience in managing challenging emotional situations.

- Ability to understand and implement safeguarding and risk management protocols, both in terms of practical outdoor work and working with mental health service users.
- Ability to keep others on time and on track with activities

### **What you'll get from volunteering**

- Up to six months experience supporting people with a range of needs
- Skills working in an outdoor setting – both with animals and gardening
- Monthly reflection meetings with the Communities Programme Manager
- The opportunity to deliver meditation sessions
- The opportunity to deliver outdoor activities based around your skill base/interest
- To be part of small, dynamic and supportive community

### **To apply**

**Email** [susy@stepnecityfarm.org](mailto:susy@stepnecityfarm.org)

Please include your CV and a short statement (up to 200 words) explaining why you would be interested in this opportunity, and what you would hope to gain from it.

Please state whether you would be available to volunteer on Tuesdays, Thursdays, or either day.

**Deadline:** midday, 23 April 2024