

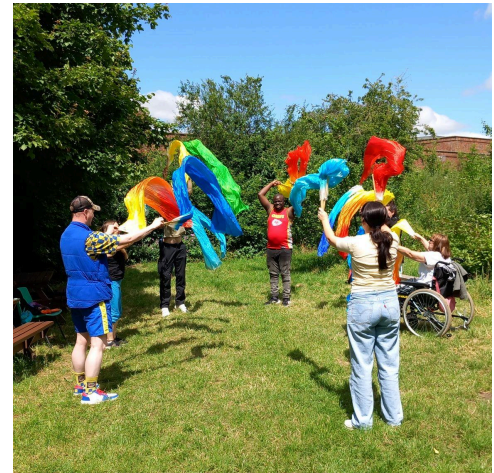


Adult Wellbeing Volunteer

Volunteering with: Growing Together, Gardening for Dementia, Woodland Wellbeing

Responsibilities

Support staff to prepare resources for and set up for sessions
Support participants to engage in activities during sessions.
Safeguarding/health and safety
Support with providing refreshments at lunch and break times
Encourage participants to work with and interact with others.
Helping to clear up after participants have left.
Supervising participants over lunch breaks and occasionally when staff are required to do other things.



Skills and experience needed

Interest in natural world and understanding of the health benefits
Creativity
Compassionate
Able to meet people's individual needs
Understanding of dementia
Patience and understanding with a commitment to being supportive and companionable.
Flexibility - tasks may need to change and participant's behaviour may be surprising or erratic.
Reliability - for both staff and the participants, this is important for continuity and trust.
Ability to explain tasks clearly and in simple ways.
Prepared to work outdoors in most weather.
Ability to observe professional boundaries and confidentiality in relation to working with adults at risk.

Skills development offered

- In-house training when available
- Adults at Risk online Training

Support available

- Reasonable vehicle mileage or public transport costs will be reimbursed
- Personal protective equipment will be supplied when needed
- A full induction to the site and role

Time commitment

Ideally 1 day a week 9.30am-3.30pm (hours can be discussed e.g. to fit in with childcare) for a minimum of 6 months. The continuity is important for our participants and staff.
There may be some training to complete outside of this time.

Any other relevant information

You may be required to get a DBS check, Scotswood Garden will support with this and cover all costs. We're always looking for help with our community events and we may ask if you would be willing to get involved. There's no obligation to do so, but this may be an additional activity for you to join in with.

Scotswood Garden operates comprehensive safeguarding and Health and Safety policies that all volunteers are required to adhere to.