

## Allotment Volunteer

Hillingdon Mind runs a range of activities for people with mental health issues to help people improve their wellbeing and reduce social isolation. We also help people move towards employment, volunteering or training through the recovery service. Hillingdon Mind offers support to carers of someone with a mental health issue and has a dedicated service for young adults. Hillingdon Mind also delivers personal development workshops, covering topics such as managing mental wellbeing and building self-confidence.

The allotment gardening group, based at an allotment in Uxbridge, is open to anybody and is a drop-in group, although regular participants attend.

**Main purpose of role:** To help, support and assist Hillingdon Mind service users who attend the allotment project, thereby improving and maintaining their mental and physical wellbeing.

**Role responsibilities:**

- Interested in gardening and happy to work outdoors.
- General small garden maintenance.
- Give practical hands-on help with various allotment tasks: clearing, sowing seeds, planting, weeding, watering, harvesting and tidying.
- Promote safe working practices, following allotment ground rules and risk assessment.
- Liaise with the Allotment Group Leader regarding new referrals, ordering materials etc.
- Assist with maintaining records on attendance monitoring forms.
- Work as part of a team of volunteers, support the running of activities and if required, assist in the organisation and leading.

**Attributes, Skills, Abilities & Values:**

- To be able to clearly communicate with service users and Hillingdon Mind staff.
- To have an awareness of boundaries and confidentiality, be non-judgmental and have a commitment to equality.
- To provide a warm, welcoming, friendly service.

- To be reliable, committed to the project, conscientious and have good people skills especially communication/listening skills.
- To treat all service users, and their families, with respect, dignity and courtesy, showing clear empathy and understanding for clients presenting with psychological distress.
- Some knowledge of gardening or growing veg is helpful but not essential.

**Training and support given:**

- Gardening equipment will be provided.
- A basic induction and training to start.
- Mental health first aid, awareness and communication.
- Access to IHASCO an online training suite covering topics such as safeguarding and conflict resolution.
- An enhanced DBS application will be undertaken by Hillingdon MIND.
- The support of the group leader.
- MIND encourages service users to volunteer with an emphasis on wellbeing.
- You must be 18 years and above.

**Commitment required:**

- A minimum 3-month commitment.
- Saturdays, 1pm-2:30pm.
- The allotment is situated in Uxbridge.
- Adhoc availability during the week to help with maintaining the allotment (watering in summer) would be helpful.
- Be able to reach the venue via public transport or own transport.

**Benefits for you:**

- The opportunity to develop a better understanding and experience of mental health issues.
- Gain experience and skills supporting vulnerable people within a supportive environment.
- Help to improve your own confidence and feelings of self-worth.

- Useful experience to add to a CV to help you to stand out from the crowd.
- You will be joining a supportive and inclusive community.

**In the first instance you will be invited for an informal discussion with Mind regarding this role.**

To apply for this role you must complete an H4All Application Form.

Please note: we require two references.

To obtain an application form:

- Visit **www.h4all.org.uk** volunteering page and download or print an application form
- Email **volunteerhub@h4all.org.uk** to request an application form to be sent to you by email or post

Send your fully completed application form by:

- Email to **volunteerhub@h4all.org.uk**
- Post to H4All, Volunteer Development Team, **Key House, 106 High Street, Yiewsley, UB7 9BQ**