**BUDDY VOLUNTEER AT FOREST FARM PEACE GARDEN**

Forest Farm Peace Garden offers a structured Ecotherapy Programme of gardening and nature-based activities for mental health recovery. The buddy volunteer role provides additional support to people referred to our service to help them get the most out of their time with us.

Being a buddy is an opportunity to gain skills and hands-on experience in support work and therapeutic gardening, plus receive training focused on mental health, permaculture and organic horticulture.

Buddies can make a huge impact by helping to make our volunteers’ experience in the garden welcoming and purposeful.

**ROLE DESCRIPTION**

* To assist volunteers with support needs and help them with tasks in the garden.
* To create a safe, friendly and welcoming environment.
* To help with setting up sessions and clearing up after.
* To assist with workshops and other special events on site.
* Optional opportunities to lead/co-lead workshops or activities, depending on interests and skills.
* To participate in evaluation and garden consultations to share ideas and give feedback.

**COMMITMENT TO THE ROLE**

* This is a minimum one-year role during our garden opening times (mid-Feb to mid-Dec), although buddies are able to continue for more than one year.
* We encourage buddies to provide a minimum of 1-2 days volunteering a month during garden opening times on a Wednesday or a Friday.
* Buddies must be available to attend the two days training on **Friday 8th & 15th February** 2019.
* Buddies are required to undertake a Disclosure and Barring Service check (DBS), due to being directly involved with supporting vulnerable adults. (*FFPG will arrange this.)*

**WHAT IS PROVIDED FOR BUDDIES**

* Two staff members available on site to supervise sessions and to go to for advice.
* At least one buddy support meeting a year to share your experiences with others, and the option of 1:1 supervision with the Ecotherapy Worker, if you would like this.
* Opportunities for training.
* Reasonable travel expenses to training and garden sessions, as agreed in advance.
* Certificate of recognition and reference on request for future opportunities.

**PERSON SPECIFICATION**

* Ideally some gardening experience, although this is not a requirement for the role as our head gardener supervises gardening sessions.
* It would be desirable to have some experience of working with adults with mental health related support needs or community volunteering experience.
* Good communication and group skills, including group decision-making.
* An interest in and enthusiasm for ecotherapy, organic gardening and wildlife activities.

Buddies must be over age 18 and there is no upper age limit.

**HOW TO APPLY**

Please complete the short application form available on our website: <www.forestfarmpeacegarden.org/buddy-volunteers>

Please return the form by email to: info@forestfarmpeacegarden.org

The closing date for applications is **Friday 1st February 2019**.

If you would like to speak to someone about this role please phone Nancy on 07525 125057 or leave a message on our office phone on 020 8477 1655 or email: nancy@forestfarmpeacegarden.org

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