

Volunteer Role Description – Gardening Project Volunteer

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| Background | We are working in partnership with a local organisation called Let's Go Outdoors and Learn to help deliver two intergenerational gardening projects in care homes. A school is partnered with the care home and sessions are facilitated to enable the children and residents to work together. |
| Where: | Twickenham care homes |
| When: | 1 to 2 hours once a week. |
| Why: | Being outdoors is so beneficial for our wellbeing, and this project combines that with intergenerational connectedness. |
| What does the role involve: | Working with the trained facilitator to help with gardening sessions. When the project finishes there is potential to continue volunteering at the care home doing gardening with residents. |
| Attributes / skills needed: | Be reliable, friendly and approachable Have a love of gardening A willingness to learn |
| What's in it for you? | Meeting other like-minded volunteers. The satisfaction of knowing that you are making a big difference in the life of a vulnerable person in your community. Valuable experience of volunteering |
| What you can expect from us: | Training and induction before the role starts. Ongoing support from the project co-ordinator Regular meetings with other volunteers. Opportunities for further training |
| For more info: | Email tina@embracingage.org.uk |