



Weekday Recovery Service Volunteer - Role Description

Weekday volunteers work closely alongside our staff and other volunteers. The role:

- relies on active listening, giving encouragement and positive feedback, empathy, and working alongside people
- but does not involve counselling, giving advice, or trying to fix people or their problems

Tasks and activities:

- Supporting gardeners to take part in activities at Bridewell. The emphasis is on taking part, not on task completion or creating a stunning garden
- Supporting independence of gardeners. Gardeners are independent at home, we encourage gardeners to maintain that at Bridewell rather than doing things for people
- Supporting gardeners at social occasions e.g. at lunch time, on trips out. Modelling social skills, how to relate to each other, being sensitive to other people in conversations
- Taking part in team meetings at the beginning and end of the day to plan activities and debrief. It is important to share feelings and experiences with other members of the team
- Bringing different life experiences to the garden. It is valuable to have a mix of personalities, voices and life histories within the team
- Undertaking relevant training and keeping this updated, for example Mental Health First Aid, Adult Safeguarding and Food Hygiene

About you:

Our volunteers come from a wide range of backgrounds. Each volunteer brings their own interests, skills and experience.

These are key characteristics and skills of all volunteers:

- Able to commit to a regular weekly 9-4 session
- Treat others with empathy, respect and as equals
- Understanding of and adhering to professional boundaries
- Understanding of and adhering to issues around confidentiality
- Willingness and confidence to lead a group activity, including all participants equally
- Take responsibility for health and safety in group activities
- Ability to contribute to a range of activities, gardening, craft, cooking
- Comfortable working in a flexible and changing environment as the team respond to the needs of the group and demands of the site