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**Volunteer Role Description**

**Garden Buddy Volunteer**

**When? 10.30-3.30, every Friday from 2nd February to 29th March**

**Where? Mostly at Midlothian Community Hospital Gardens, 70 Eskbank Rd, Bonnyrigg, EH22 3ND.**

**Overview**

Midlothian Community Hospital Garden (MCHG) is a community-based project that provides opportunities for local people to access good food and improve their health and overall wellbeing.

We are excited to be using the Midlothian Garden to deliver a certificated outdoor learning course called the John Muir Award. This award encourages people of all backgrounds and abilities to connect with, enjoy and care for wild spaces and learn outdoor skills. We will be using this award to support adults with barriers to employment as a way of improving wider employability skills such as confidence building, teamwork, time management, social skills and supporting their own mental health and wellbeing. We are looking for volunteers to support this award scheme.

As a volunteer, you will be in a supporting role, helping and encouraging participants to come to the garden and partake in activities. You will assist in the delivery of the activities. You will also be accredited with a John Muir Award.

This role comes with full support and training.

**Why we need you and what activities are involved**

Your support and encouragement could help someone to:

* Learn new, valuable green skills
* Develop confidence in their own abilities
* Work as part of a team and develop social skills
* Relax and de-stress by spending some time in a green space
* Reduce feelings of loneliness and isolation
* Create links with the local community

**Skills we’re looking for**

* Good listening and communication skills
* Confident in working outdoors in all weathers
* Ability to work as part of a team
* An interest in the natural world
* Friendly and approachable
* Enthusiastic and encouraging
* Reliable with good time keeping
* Flexible to fit with the needs of your buddy
* Non-judgemental, patient and empathetic
* Respectful of confidentiality and able to work within set boundaries

**What you can gain from this opportunity**

* Get accredited with a John Muir Award
* The rewarding experience of helping someone improve their quality of life, health, and sense of wellbeing
* Develop empathy and listening skills
* Meet new people and have new experiences
* Develop green skills in conservation, gardening, safe working practices
* Personal development with training and ongoing support provided
* Opportunities to progress onto other volunteering opportunities

**Essential Criteria**

* 25+
* PVG scheme membership (we process)
* Able to commit to the whole 9 weeks

**Further Info**

**Expenses**

We cover local travel costs at public transport rate or mileage (45p per mile), and out of pocket expenses.

**About us**

Cyrenians is over 50 years old. We began with the creation of an innovative community to meet the needs of a group of homeless people who had fallen through the cracks of whatever support was available at the time. Our roots lie in responding to the injustice of homelessness.

We have spent the last five decades journeying with people grappling with the causes and consequences of homelessness through building and nurturing trusted relationships and engaging with the social exclusion and inequality, which has so often been at the root of their tough reality. We are values-led and relationship based; our core values are Compassion, Respect, Integrity and Innovation.

Cyrenians’ head office is based in Edinburgh, with smaller offices in other areas, including Falkirk and West Lothian. Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052

**Contact:**

For more information about the role and to apply, please contact: alixvillanueva@cyrenians.scot