****

**Garden Assistant**

**2.5 hours per week, Tues/Thurs (10am-12.30pm or 1-3.30pm)**

There may be an option to staying longer once you have settled in.

**Midlothian Community Hospital Gardens, 70 Eskbank Rd, Bonnyrigg, EH22 3ND**

**Overview**

* Midlothian Community Hospital Garden (MCHG) is an NHS Lothian initiative with a mission to make opportunities for good food and healthy lifestyles available to local communities.
* We do gardening using climate friendly techniques to grow local food and support wildlife while building community and developing skills. We run practical sessions, workshops, events and shared meals to build skills in gardening while encouraging healthy eating and promoting social inclusion. We provide advice and support for improving lifestyle through good food and good health.
* To achieve this aim, we seek volunteers to take part in activities under the direction of the Gardens Coordinator.

**What are the aims and expectations of the role?**

* There are tasks to suit all abilities from:
  + Building and maintaining our infrastructure;
  + Sowing, weeding and harvesting vegetables;
  + Tree and bulb planting;
  + Helping to manage areas for wildlife;
  + Coordinating our garden sales and collaborating on art projects.
* We are open to individuals; community, school and corporate groups; NHS patients and staff; third party charities; people experiencing physical or mental health problems.

**What kind of volunteer are we looking for?**

**Essential**

* 18+ (or 16+ with parent/carer consent)
* Being a member of the PVG Scheme (we process)
* Content in working outdoors in all weathers.
* Ability to work as part of a team with minimal practical support.
* Sympathetic to the needs of people who have experience of mental ill health, disability, homelessness or social isolation long-term medical conditions such as dementia.
* Ability to adhere to Cyrenians and NHS Lothian policy and procedures.
* Operate within Cyrenians’ core values.

**Desirable**

* + Enjoy working with other people
  + Good listening skills
  + Friendly and approachable personality
  + Reliable with good time keeping
  + Able to work with individuals who may have different support needs
  + Non-judgmental
  + Respectful of confidentiality

**What can you gain from this opportunity?**

* A rewarding experience in seeing your input grow
* Meet new people and feel part of a community – communal tea and meal breaks encouraged. Volunteers come from all walks of life, from students to retirees, former patients to those looking to recharge their batteries amid a busy week at work or caring duties and more.
* Learn about seasonal flowers, fruit and veg.

**Further Info**

**Expenses**

We cover local travel costs at public transport rate or mileage, and £2.50 or a meal if volunteering for over 4 hours at one time.

**About Cyrenians**

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 of trusted relationships and engaging with 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.

**Contacts:**

**Garden Coordinator – Michala Bradshaw**

**michalabradshaw@cyrenians.scot**

**07772 886 746**