# **Garden activity volunteer – The Access Place**

 **Location:** 6 S Gray's Cl, High St, Edinburgh, EH1 1TQ. [**See on a map here.**](https://www.google.com/maps/place/6%2BS%2BGray%27s%2BCl%2C%2BEdinburgh%2BEH1%2B1TQ/%4055.9491327%2C-3.1851839%2C17z/data%3D%213m1%214b1%214m6%213m5%211s0x4887c785e77466bd%3A0x2f24c43f235fe35b%218m2%213d55.9491327%214d-3.1851839%2116s/g/11b8vd_wr2?entry=ttu&g_ep=EgoyMDI1MDEwOC4wIKXMDSoASAFQAw%3D%3D)

**Time commitment:** 11am to 3pm on Tuesdays.

We are flexible on how often you can volunteer, so just let us know your preferences.

## **What is the Access Place?**

The Access Place offers services including housing, health and social work to anyone experiencing homelessness. A community garden has been created to provide a green space for people. It has become the heart of a wider nature health programme, which involves people from the Access Place. It also provides different garden activities and a free lunch.

The garden is a therapeutic space but also a catalyst to other arts and green activities. We are keen to develop a range of activities for local people, who experience homelessness, to engage them in developing the garden, and in arts-based activities inspired by the garden.

## **What will you do as a volunteer?**

Volunteers help provide engaging activities for people attending the garden, and to support them on their nature health journey.

You will help design and deliver a range of garden-based activities to engage people, who visit the garden, in positive and meaningful activities.

Depending on the season, and the interests and abilities of the people who attend, this can include:

* Garden activities, including sowing seeds, planting or harvesting crops, weeding, watering, and propagating plants
* Looking after the garden, such as making or maintaining planters, painting garden furniture, and looking after the grounds
* Nature based activities, such as making lavender bags or wands, pressing or drying flowers or plants, making bouquet garni or other products with garden produce, and other craft activities using garden ingredients.

You might also help accompany people, as appropriate, to hostels or other services.

You will be engaging positively with people coming into the garden, offering support, personal development and a friendly environment of listening to each other.

You will encourage people and support everyone to feel welcome, safe and at ease in the garden and to take part in activities. This might mean supporting them to take part in activities or having a cup of tea and a chat.

Everyone is expected to be respectful and to always have the recovery process of people participating in mind.

Your support and encouragement could help participants to:

* engage with gardening activities to benefit their physical / mental health.
* relax and de-stress by spending some time in a green space.
* reduce feelings of loneliness and isolation.
* learn and share skills and knowledge.
* increase their self-confidence.

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

* Develop knowledge and understanding of therapeutic gardening
* Be a part of a positive and supportive community
* Develop skills in delivering workshops in arts and greenspace activity
* Support and help people affected by homelessness to participate in activities
* Meet new people, including artists and horticulturalists
* Gain further understanding in issues and barriers for those affected by homelessness
* Opportunity to share your knowledge and shape activities.

## **Does this sound like you?**

Everyone is welcome to join and get actively involved with our activities at the Access Place as a volunteer.

If you…

* are over 18 years old
* have an interest in arts and greenspace activities
* enjoy engaging with people
* might have some knowledge or experience of gardening or are willing to learn
* enjoy listening actively to others’ stories
* are friendly and easy to approach
* are reliable
* can be flexible to needs and ability of individuals and groups
* can work with individuals who may have different support needs
* do not judge and are respectful of confidentiality.

Then let us know your interest and get in touch by filling in the online form. We can then arrange a chat to get to know each other better, and share more information about the place and volunteering opportunity.

## **Useful information**

 **Volunteering expenses**

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

 **PVG disclosure check**

You would engage with people, who are considered particularly vulnerable in our society. It is therefore required that you are a member of the PVG scheme in Scotland.

If you are not already a member, then we will process your application with you. There are no costs to you in becoming a PVG scheme member for volunteering.