

Weekend Garden Assistant Volunteer

Location: Midlothian Community Hospital Gardens, 70 Eskbank Rd, Bonnyrigg, EH22 3ND. [See on a map here.](#)

Time commitment: Saturday and or Sunday 09:45 – 3:45pm, can be flexible on the time you can offer on these days.

What is the Midlothian Community Hospital Garden?

Our community garden at the Midlothian Hospital is an NHS Lothian initiative. We want 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.

What will you do as a volunteer?

Volunteers take part in garden activities under the guidance and support of the Community Gardener. There are tasks for everyone and all abilities. These include:

- building and looking after our garden paths signs and other built structures
- sowing, weeding and harvesting vegetables
- tree and flower planting
- helping look after green areas for wildlife

We will provide support and training needed for you to engage with the tasks in a safe manner.

What can you gain from this volunteering opportunity?

- Develop knowledge, skills and understanding of gardening and greenspace activity
- Be a part of a positive and supportive community
- Support and help people from all backgrounds to participate in activities
- Meet new people and join communal meals in the garden
- Learn about seasonal flowers, fruit and vegetables
- 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 garden activities as a volunteer in our community garden. We are open to individuals and group of people alike.

If you...

- are over 18 years old
- enjoy engaging with people
- like to be active outdoors in all kinds of weather
- enjoy listening actively to others' stories
- work well as part of a team and do no mind doing practical tasks on your own
- 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 or have experience of mental ill health, disability, homelessness or social isolation long-term medical conditions such as dementia
- 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 we can share more information about the place and volunteering opportunity.

Your accessibility

Please let us know in the online form, if you need any support or adjustments to make our first chat together and volunteering a positive experience for you.

If for any reason, you cannot fill in our online form, not to worry. Please reach out to Michala, our Garden Coordinator, on 07772 886 746.

You are also welcome to submit a short video (MP4 format) via our online submission tool instead. Please include the information that we ask for in our 'interest form'.

Any expenses for helping with these activities, which have been agreed, will be paid back to you. We cover local travel costs at public transport rate, or mileage if you drive here.

We have free parking by the hospital, and buses stop nearby (5-10 min walking distance).

We will ask you for the contact details of a person, who you have known for more than 6 months (1 reference). If you need support identifying a reference, please let us know.

Keeping everyone safe

You can read [our safeguarding policy here](#) that details our commitment to keeping everyone safe. It is expected of everyone to adhere to these commitments. We expect all volunteers to do relevant training, so you can help keep yourself and others safe from harm.