

## **Volunteer profile: Gardening role**

If you have a general interest in gardening and some knowledge of plants, you may be interested in this volunteer role to help maintain a garden area at one of our 'homes from home'.

Keeping our 'Home from Home' gardens tidy and looking inviting benefits all families that we support whilst their child is seriously ill in hospital. The garden space can be a haven for families to escape the hustle and bustle of the hospital, to unwind from the stressful and tiring long days at their child's bedside, to reflect and to attempt to switch off for a short period and to recharge their batteries, ready for another long and challenging day or night.

Help us create a welcoming garden.

## **How you can help**

- Weeding
- Pruning
- Maintaining planted borders including additional planting when required
- Planting of and the upkeep of potted plants
- Watering
- Sweeping
- Clearing leaves and garden debris
- Washing pathways with use of a hosepipe or pressure washer if available
- Cleaning garden furniture

## **How often**

As little as a few hours once a week/fortnight. Any time Monday to Friday between 8.30 am to 4pm.

## **The benefits of volunteering**

- You may extend your gardening experience, knowledge and skills
- It is likely to promote your wellbeing. Gardening and volunteering are both activities which can promote good mental health

- You will have the satisfaction of making a difference and maintaining and improving a garden beneficial for families
- You will meet new people e.g.: our staff and supporters

## **Support**

The House Manager will support you and will meet with you regularly to ensure you are happy in your volunteering role and chat through your successes, ideas, progress and plans.

## **Expenses**

This is a volunteering role and not paid employment.

The Sick Children's Trust will repay any travelling expenses to and from home to the volunteering location and where appropriate a meal allowance to a maximum of £8, provided there is proof of purchase for your travelling ticket and meal. A car mileage allowance set at 0.45pence per mile is also provided. Combined cost of travel and lunch expenses must not to exceed £20 per day.

## **Health and safety**

- Whilst it is likely that you will be familiar with gardening and related health and safety requirements, we wish to ensure that your volunteering is carried out safely
- We do not anticipate heavy lifting or use of machinery and we will ask you to vary your work to avoid repetitive strain
- We ask that you wear appropriate clothing e.g., long sleeves and robust shoes and appropriate PPE as necessary for light gardening tasks e.g., gardening gloves
- Instructions to be followed when using garden or plant products and tools to be used appropriately
- We encourage you to raise any health and safety concerns and ask that you comply with any regulations or guidance in place

## **Confidentiality**

We expect all volunteers to respect the confidentiality of any information which families may share with you in conversations in the garden or on the premises.

## **Induction**

The volunteer induction includes:

- Meet the team
- A tour of our facilities
- Explanation of health and safety requirements, fire drills, first aid procedures and any other appropriate rules and regulations
- The Volunteer Handbook and Agreement
- Discussion of role and equipment itinerary
- What expenses you can claim and how
- Regular supervision

## **Location**

We have two locations for this post:

Scott House based in Newcastle, Freeman Hospital

Acorn House based in Cambridge, Addenbrooke's Hospital