

**Allotment Volunteer Role**

Manchester Mind is an independent Mental Health Charity. We have been supporting better mental health and delivering services for 30 years. We’re here for the people of Manchester.

**Volunteering with us**

Volunteering is a great way to build skills and grow in confidence whilst also helping others. We believe everyone has something to offer and we could not do what we do without our wonderful volunteers.

**Our Values**

**Openness** Being receptive to, and appreciative of, the skills, talents and perspectives of everyone

**Belonging** Developing kind relationships that lead to feeling accepted, understood and able to contribute

**Strength** Recognising and developing potential in others and ourselves, enabling resilience

**Collaboration** Generous sharing of our resources, skills and talents enabled by clear and meaningful communication

**The Food for All Allotment**

The aim for our allotment is to give anyone who needs it the chance to improve their mental wellbeing, whether that’s getting stuck in with a spade, learning about growing, or just relaxing and enjoying being outdoors.

Along with regular volunteering opportunities, we provide enhanced volunteer placements to support recovery for people with mental health issues who may have become socially isolated or who struggle with their confidence, self-care or self-esteem.

Our friendly gardener and our volunteers, plant, tend to and harvest fruit and vegetables which are then used to add a nutritional boost to the meals people receive as part of our Emergency Food Response. The meals feed those in our community experiencing food poverty.

As well as being fun down the plot and good for mental health, the allotment’s yield allows us to sustain our food services & support people in need.

**Allotment Volunteering**

As an allotment volunteer you will be supporting us to maintain & develop the garden whilst providing guidance and support to individuals completing volunteering placements. It is an opportunity to use, develop and share skills and is an ideal role for someone interested in growing and also gardening as a therapeutic activity. All Manchester Mind volunteers have access to our wellbeing services, training courses and tools to help manage mental health. Any petrol or travel costs will be reimbursed. Refreshments are provided.

 **Training & Support**

We aim to help you build skills and improve your wellbeing whilst volunteering. You will receive a full induction and be invited to attend a 3 part volunteer training course. All volunteering activities undergo thorough risk assessment and are Covid-19 safe. You will be supervised by an experienced allotment worker and supported by a volunteer coordinator. We hope you will learn new things and experience improvements managing your own mental wellbeing, whilst building connections with your local community.

**Criteria**

• An interest in gardening, growing food and horticultural therapy

• A commitment to follow safety protocols as stipulated in risk assessment

• Experience/An interest in supporting mental health & well-being (We welcome applications from people with lived experience of mental health struggle)

• Complete a 3 part volunteer mental health training course within first 3 months of volunteering

**Time commitments**

Allotment sessions take place between 10am and 3pm on Monday and Wednesday only. However, after a while, you may be able to attend the allotment to tend to tasks at other times. We need you to commit to at least one gardening session, every two weeks. The volunteer mental health training sessions will be 6 hours total across 3 sessions and are compulsory for continued volunteering.

**Location**

Chorlton, Manchester

**Please note:** To protect our vulnerable service users, this role is subject to satisfactory disclosure from the Disclosure & Barring Service (DBS check) which we will fund on application.

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