

Volunteer Role Description

Gardening Volunteer

Why we need you?

We want to make sure that everyone affected by cancer has access to appropriate physical activity opportunities and we need your help to achieve this. Macmillan Cancer Support is working with Edinburgh Leisure to support people affected by cancer to take the first steps to become more active.

We are looking for volunteers to help us deliver our gardening activities for people affected by cancer.

What will be involved?

You don't need to have any prior gardening experience or knowledge, we are looking for someone to co-ordinate our group and be the main support person for the group. You will meet the participants each week at the same time and location, assist them during the session and facilitate a tea/coffee chat after the gardening session.

The role will involve:

- Being the main support person for the group
- Listening and talking to people affected by cancer providing a supportive environment for them to attend each week
- Supporting and encouraging participants to be active
- Attending training and support sessions
- Completing basic paperwork for each activity session
- Participating in the evaluation of the Move More Edinburgh gardening programme

Benefits to you

- ✓ Volunteer training and support from the Move More Edinburgh team.
- ✓ Additional support from Macmillan.
- ✓ Develop knowledge and experience of benefits of physical activity for people affected by cancer.
- ✓ Learn more about gardening and how to grow your own food.
- ✓ The chance to meet and make new friends.
- ✓ Make a real difference to the lives of people affected by cancer in your local community.
- ✓ Regular social activities with other volunteers on the Move More programme.
- ✓ Excellent experience to enhance your CV.
- ✓ Be part of an innovative project, the first of its kind in Edinburgh!

Location

We hope to have two locations in summer 2016, the Royal Botanic Garden Edinburgh and Wauchope Community Garden in Craigmillar.

We ask that volunteers commit to one regular session each week, approximately 2-3 hours at the same time each week. This regular commitment from you will help to provide participants with a consistently great experience of the Move More Edinburgh programme.

Skills and qualities we are looking for

- ✓ Enthusiastic about horticulture and gardening, however no knowledge or experience is necessary.
- ✓ Open, warm and friendly manner
- ✓ Excellent communication skills
- ✓ Commitment to the role
- ✓ Non-judgmental
- ✓ Ability to 'actively listen' (training will be given)
- ✓ Awareness of own limitations and boundaries
- ✓ Excellent time-keeping skills
- ✓ Reliability

Training provided

Move More Edinburgh Gardening volunteers will be given training for their role by Edinburgh Leisure in partnership with Macmillan which will include cancer awareness training and core volunteer training.

- Core volunteer training is a 1 day course led by the Move More Edinburgh team and will take place in Edinburgh.
- Cancer Awareness training is an online module to be completed prior to you volunteering.
- Further gardening training may be provided by partner organisations if required and available.

Disclosure Checks

Move More Edinburgh volunteers will be required to undertake a PVG (protecting vulnerable groups) check. The purpose of this is to safeguard volunteers and service users from harm. The check involves completing a short form which you will be supported to fill in by the Move More Edinburgh team. Having a criminal record will not automatically prevent you from volunteering. Rather, cases will be treated on an individual basis. If you have any questions or concerns about this please contact the Macmillan Move More Edinburgh Team using the details below.

Who to contact?

If you are interested in the role, or would just like a bit more information please contact:

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