

Volunteer Role Description



Alive is a Bristol-based charity dedicated to improving the quality of life of older people. We envision a world where older people live lives full of joy, meaning and connection. You can read more about what we do [here](#). Thank you for your interest in volunteering with us!

Role title	'Green' Support volunteer
Purpose of the role	Supporting participants of all ages and capacities to engage with gardening activities during community gardening sessions
What you will be doing	<ul style="list-style-type: none">▪ Helping set up resources and materials for activities▪ Supporting participants socially and with activities during session▪ Passing on any queries or issues to coordinators▪ Helping with refreshments if appropriate▪ Helping pack away at end of session
Locations and times	Dementia-friendly allotment, Brentry Charlton Road Allotments, Charlton Rd, Brentry, Bristol BS10 6JZ Click here for directions. Mondays 1:00 – 4:00 Tuesdays 1:00 – 4:00 Wednesdays 10:00 – 12:30

Our expectations

- Good communication skills and a desire to support and engage with people are needed
- To be reliable or communicate if unable to attend/be punctual
- Be prepared to undertake our dementia and green therapies training
- Gardening knowledge is helpful but is not essential

What you could get out of it

- Connecting with the local community
- Connecting with like-minded people
- Learning/improving your gardening skills
- Learning more about dementia
- A reference or job experience
- Exercise and fresh air
- A share of fresh home-grown fruit, veg and flowers
- To experience the benefits of social therapeutic horticulture personally and to see its powerful effects in action on others
- A sense of pride from helping to make a difference

Contact details

Contact our Volunteer Coordinator at:
volunteer@aliveactivities.org
07519534577

We have other opportunities available. Please reach out to volunteer@aliveactivities.org for more information.