

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

Social and Therapeutic Horticulture Volunteer



Purpose of the role

Supporting participants of all ages and capacities to engage with nature-based activities and each other during community gardening sessions

What you will be doing

- Helping set up resources and materials for activities
- Supporting participants socially and with nature-based activities
- Passing on any queries or issues to project leaders
- Helping with garden maintenance
- Helping pack away at the end of a session

What you could get out of it

- The good feeling of making someone's day better
- Connecting with the local community and meeting other like-minded volunteers
- Learning/improving your gardening and social skills

- Learning more about dementia and other illnesses and disabilities
- Experiencing the benefits of therapeutic horticulture
- Exercise and spending time outside
- A reference or job experience
- A share of fresh home-grown fruit, veg and flowers, if available
- A sense of pride from helping to make a difference

Times and locations

Dementia-friendly allotment in Brentry

Charlton Rd, Brentry, Bristol BS10 6JZ

Community garden at Blaise Weston Court extra care setting in Lawrence Weston

Blaise Weston Court, Broadlands Dr, Bristol BS11 0AF

Community garden at Wellspring Settlement community centre in Barton Hill

43 Ducie Rd, Barton Hill, Bristol BS5 0A

'Growing Support' care home sessions

In care homes in and around Bristol. No fixed schedule.

Weekday	Time	Location
Monday	1:00 – 4:00pm	Dementia-friendly allotment in Brentry
Tuesday	1:00 – 4:00pm	Dementia-friendly allotment in Brentry
Wednesday	10:00 – 12:30pm (fortnightly)	Dementia-friendly allotment in Brentry – intergenerational sessions
	1:00 – 4:00pm	Blaise Weston Court in Lawrence Weston
Thursday	1:00 – 4:00pm	Wellspring Settlement community centre in Barton Hill
Friday	-	-

Our expectations

- You have a desire to support and engage with people with complex needs
- You have good communication skills and let us know if you are unable to attend a session
- You are reliable and punctual
- You adhere to our COVID-19 guidelines
- You take part in our Introduction to Dementia and Social and Therapeutic Horticulture training
- Gardening knowledge is helpful but not essential

Contact us

volunteer@aliveactivities.org

07519534577 (Volunteer Coordinator phone)

We have other opportunities available. Please contact us for more information.