

Volunteer Role Description – Stepping Stones

Role Title	Stepping Stones Gardening Volunteer
Location of Position	160 Bridge Road, Grays, Essex, RM17 6DB.
Responsible to	Stepping Stones Co-ordinator
Purpose/Summary of Role	At Stepping Stones, a team of enthusiastic service user's grow and sell a variety of plants and vegetables from our small nursery. Stepping Stones is ideal for people experiencing difficulties due to their mental health, who want to meet in a friendly, supportive and safe environment. As well as having fun and learning horticultural skills, people benefit from socialising with others, which reduces isolation and provides physical exercise, which improves their overall fitness. They gain a sense of purpose and satisfaction and benefit from the structure it brings to their day.
Description of Tasks	To enable our service users to fully participate with our gardening project, our nursery and allotment
Time Commitment	The Stepping Stones project currently take place every Monday and Tuesday mornings, from 10am to midday (some flexibility is required, as we may need to set up and clear away). Volunteers can support at one or both groups.
Qualities and Skills	- A passion for gardening, with some basic knowledge - Good people skills - Emphatic, compassionate and understanding - Non-judgemental - Good communication skills - Able to work as part of a team, as well as on your own initiative - Confident to ask for help when needed - Some activities may be physically demanding!

Training & Support	Before commencing volunteering, we ask that volunteers participate in the following training: • Data Security Awareness • Conflict Resolution • Equality, Diversity and Human Rights • Safeguarding Adults • Preventing Radicalisation (Basic Awareness) • Mental Health Awareness • Health, Safety and Infection Prevention and Control • Fire Safety These short courses are delivered online and can undertaken at a time convenient to the volunteer. For anyone unable to access online training we run periodic face to face volunteer training. In addition, we provide volunteers with an induction to the role and an 'Introduction to Thurrock and Brentwood Mind' workshop. Regular organisational updates and activities will be available, as well as regular support, other training opportunities and advice and guidance from our Volunteer Manager.
Reimbursement of Expenses	We can cover some expenses which may occur while you are volunteering with us. PPE is available to all of our gardening volunteers. Please ask us for further details.
Benefits to Volunteer	Volunteering at Mind can be a really rewarding and valuable experience, with a variety of roles available. You will have the opportunity to meet other like-minded people while gaining new skills, expanding your general knowledge, developing your confidence and ability to socialise, gaining a sense of pride and building your self-esteem, becoming more confident, widening your network and feeling valued – by our staff and by those accessing our services.
Volunteer Manager Contact Information	Volunteer Manager 152 Bridge Road Grays RM17 6DB 01375391411 volunteers@tbmind.org.uk